THE WOMAN'S BOOK

THE WOMAN'S BOOK

When you wish to make some useful article for your home, to study the laws of health and beauty, to learn correct social customs, to know how to remove all sorts of stains, to entertain your friends, to earn money, to prepare choice dishes, to cure some common ailment; in fact, whenever you desire friendly and practical advice about affairs of every-day life, consult THE WOMAN'S BOOK.

MARGARET E. SANGSTER

One of the Editors of Woman's Home Companion

A True Friend for Millions of American Homes

THE WOMAN'S BOOK

A THOUSAND HANDY HELPS

Introduction
By
Margaret E. Sangster

TEN BOOKS IN ONE VOLUME
With Over 200 Illustrations

WOMAN'S HOME COMPANION

NEW YORK

COPYRIGHT, 1907,
BY
THE CROWELL PUBLISHING CO.

INTRODUCTION

BY MARGARET E. SANGSTER

INTRODUCTION

BY MARGARET E. SANGSTER

AGES ago it was said by the wisest of living men that of making many books there was no end. The word seems peculiarly modern, since it remains true even to the twentieth century. Books fall from the press today as the autumn leaves fall from the trees.

Nevertheless, there is always room for a book that supplies a felt want. In the present volume the American woman will find at a moment's notice, with the utmost ease to herself, practical information in a concrete form on a thousand subjects that are coming up and requiring attention every day in the home. The trend of the moment is to specialization, but the wife and mother cannot afford to limit her knowledge to a single topic or a selected branch. She must have a general acquaintance with everything that touches on the comfort and well-being of the household—on its sanitary condition, its furnishing, the food offered her family three times a day, and in brief on whatever concerns the development of family life. The Woman's Book will prove her constant and steadfast ally by day and by night, saving her many a step and many a dollar.

The aim of its compilers has been to include hints and suggestions along lines of immediate utility; to answer questions that frequently arise, and to omit nothing of real value to the American housekeeper and homemaker. Woman is queen regnant in the home, and hers is the final arbitration of mooted points that concern not alone the conduct of the individual, but the ordinary matters of social intercourse and the amenities of society. Whether a woman preside over the domestic circle in New York or Seattle, Boston or San Francisco; whether her home be in a crowded metropolis or a ranch on the prairie, she equally reigns and rules, influences and decides, and requires positive and accurate, as well as detailed and minute, knowledge in numerous departments. In this convenient and encyclopedic manual she will possess a sufficient guide for every possible occasion.

The American woman is seldom other than a good economist. She has learned that a penny saved is a penny earned. Naturally she takes pride in home-made devices and apparatus and in labor-saving appliances that have been made by her own hands or under her own supervision. If there are growing boys in the home, they find an outlet for their activity and energy in a tool box, supplied with the necessary implements for amateur building, for the construction of bookcases, shelves, chairs and tables; for making a temporary stage or platform—in short, for helping the women folk, as only men can who are handy in the use of tools. The book that treats the subjects connected with the work of the carpenter at home will prove interesting to

young women and to older ones, as well as to husbands and brothers. I have met more than one distinguished graduate from a woman's college, who, by the aid of such advice as is given here, has completely furnished her own room and turned out desks, dressing tables and linen chests that have been the admiration of her friends, and in some cases have brought her gratifying pecuniary results.

Girls are invariably interested, as indeed they should be, in personal beauty and attractiveness. We talk a great deal about the health and beauty of our grandmothers, but it is very doubtful whether at any former period women understood as they now do that beauty depends largely upon hygiene. If a woman would be good to look at, if she would possess bright eyes, a clear complexion and a graceful carriage, she must have a basis of physical vigor and the staying power that accrues from high health and elastic spirits. Mothers and daughters alike will read with eager attention the lucid and reasonable suggestions that are grouped in what may be called our Book of Beauty. One who would be at once well poised, charming and lovely will learn here that beauty is more than skin deep, and does not depend on cosmetics and appliances, but instead on physical culture, fresh air, exercise and sleep.

No sensible person ignores or despises the rules of etiquette. They are very simple, and are founded primarily on kindness of heart and common sense. It is the greatest comfort a woman can have to feel sure that she is doing and saying the right thing at the right time; that she is violating no convention, and that she fully understands the management of social intercourse. In the same category fall pastimes and entertainments, agreeable ways of spending an evening, of making people happy when they come together, and of celebrating anniversaries and occasions, such as Twelfth Night, Hallowe'en, Saint Valentine's Day, Washington's Birthday, etc. Inquiries are incessantly made for assistance in games and entertainments, and original ideas are always at a premium. A special book within these covers is devoted both to Etiquette and to Entertainments.

Another theme of perennial and absorbing interest has to do with practical ways of making a living, and with the possibilities of earning money at home. Women do not always manage the domestic pocketbook, and the desire to have funds of their own earning is almost universal, and, it may be added, is frequently little comprehended by the men, who are bread winners and wage earners. Thousands of young women must early leave the home roof and go forth to enter world markets and compete with their brothers in occupations for which money is paid. In times of commercial upheaval and panic, as in times of great prosperity, it behooves every woman to have something that she can offer if the emergency call her to the earning of her living or the assistance of her family. The book devoted to this topic is well considered, practical and diversified, and will be found worth a study.

On the day when you unfortunately dropped coffee on a new gown, had ink spilled on a carpet, or discovered that a careless maid had imported an army of invading pests into your immaculate home, unless you were an exception to the American sisterhood, you sought eagerly for something to eradicate the stain, remove the blot or exterminate the vermin. Perhaps you asked neighbors and friends what to do, and each in turn declared inability to help, or offered a suggestion that proved disappointing. In The Woman's Book, as it lies on your table within reach of your hand, you will now find

the recipe you want, the one simple and sufficient thing that will restore the gown to its freshness, the carpet to its pristine perfection, and the house to its freedom from noxious insects.

If a little one is suddenly taken ill at midnight, and you are miles distant from a physician; if a boy sprain his ankle, bruise or cut himself; if somebody is suffering from burns or an acute attack that demands immediate relief—what a blessing is the book containing scientific advice and safe and trustworthy remedies. No house is furnished that has not a family medicine chest, and no woman fulfills her mission if she is in ignorance of first aid to the injured.

It seems easier, on the whole, to train our children if only we can keep them well, yet hints for domestic discipline have not been forgotton. Children and grown people, too, are likely to be healthy and good-tempered if they have the right things to eat, and world-famous cooks whose names are synonyms for the best-spread tables and most appetizing bills of fare have contributed their wisdom to one of the books in this unique collection. When we mention Marion Harland, Mary J. Lincoln, Christine Terhune Herrick, and other gifted women who follow in their train, we are convinced that the American housewife cannot fail to be satisfied, and cannot but wish to have the cream of their experience presented in this convenient manual. Instead of looking over hundreds of pages for a formula, the woman who is expecting friends for luncheon, or who has invited people to dinner, need only consult her index and turn at once in this thesaurus of information to the counsel she requires.

The Woman's Book would be incomplete if it omitted so fascinating and important a department as needlework. Our Mother Eve set the fashion of sewing by hand, and it has never gone out. This beautiful art is peculiarly in vogue at present. Artistic embroidery, in the production of dainty household linen and articles of daily use, has been made the subject of a very captivating book. New stitches are given, materials and fabrics are suggested, and illustrations illuminate the text. In reality The Woman's Book is, from cover to cover, a finely printed, lavishly illustrated compendium of useful knowledge which no woman, older or younger, richer or poorer, can afford to do without. I do not hesitate to recommend the book in the most unqualified manner to my friends and sisters from coast to coast on this great continent.

TABLE OF CONTENTS

	PAGE
Book I.—Useful Articles for the Home	13
Book II.—Health and Beauty	43
Book III.—Social Forms and Customs	73
Book IV.—Household Helps	95
Book V.—Earning a Living	117
Book VI.—Games and Entertainments	149
Book VII.—Training the Child	189
Book VIII.—Needlework	219
Book IX.—Family Remedies	259
Book X.—Recipes of Famous American Cooks	277

BOOK I.

Useful Articles for the Home

Kitchen Conveniences—Knife Stick, Sauce-Pan Rack, Towel Rack, Spoon Bar. **Bath Room and Closet Conveniences**—Medicine Chest, Corner Shelves, Towel Ring Bar, Towel Rack, Pockets, Paper Holder, Shoe Nest. **Cellar and Attic Conveniences**—Canned-Fruit Safe, Clothes Press. **Home-Made Furniture**—Fire Screens; Fuel Holders: Coal Hod, Log Rack, Coal and Wood Holder; Wall Racks: Plate Rack, Book Rack; Chairs: Box Chair, Boy's Chair, Footstool; Table; Boxes: Shirt-Waist Box, Shoe Box, Bassinet, Flower Boxes. **Veranda Comforts**—Pillows, Swing, Screen Pocket, Magazine Cover. **Wall and Desk Conveniences**—Spindle, Frame, Necktie Holder, Whisk-Broom Case, Penwiper, Blotter, Calendar, Scrap Book, Case for Court Plaster, Brush Holder, Match Scratcher, Coat Hanger, Skirt Hanger. **Leather Articles**—Outfit for Tooling, Writing Book, Medicine Case, Broom Holder, Music Roll. **Rug Making**—Home-Made Rug, Braided Rug, Imitation Indian Rug, Chenille Woven Rug. **Stenciling**—How to Do Stenciling, Tools Required in the Craft, Its Many Uses.

BOOK I.

USEFUL ARTICLES FOR THE HOME

KITCHEN CONVENIENCES

T IS not a difficult matter for one who is capable of driving tacks or sawing wood, to make some exceedingly useful articles for the home. The kitchen, which is often very small, contains necessarily a great number of miscellaneous utensils. A kitchen clòset is usually the storage place for pots and pans, kettles, sauce pans and the various accessories of the culinary department, while the knives, forks, spoons and other small things are thrown promiscuously into trays and boxes that in time become laden with dust and germs. While the cooking paraphernalia must of course be within easy reach of the cook, they should always be exposed to light and air, especially the smaller articles, which it is important to dry and ventilate properly. Moreover, time and work will be saved if the troublesome small things, which are so easily lost, are kept out in plain sight.

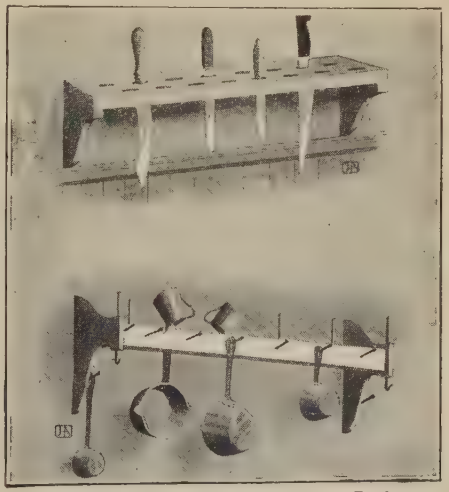
The problem of keeping things in place is not so difficult if proper and practical contrivances are arranged for them. The illustrations following suggest racks, ledges, shelves and other conveniences suitable for use in every kitchen; they are very simple, and with a little ingenuity can easily be made from material to be found in almost every household.

Knife Stick

As a receptacle for knives of various sizes an original idea is shown in illustration No. 1. It is made from a piece of board four inches wide and twenty-four inches long, supported by two wooden or iron brackets.

With a gimlet or brace and bit holes are bored an inch apart in pairs along both edges of the board, and with a keyhole saw the wood between the holes is cut away, as shown in Diag. A, page 29.

The edges of the slots should be smoothed with sandpaper, and the board is then ready to be mounted on the brackets and made fast to the wall over a wainscot or in any convenient position. A smaller knife stick for paring knives is very convenient if fastened near the sink. The woodwork should be given two or three coats of white or enamel paint. Care should be taken to have the

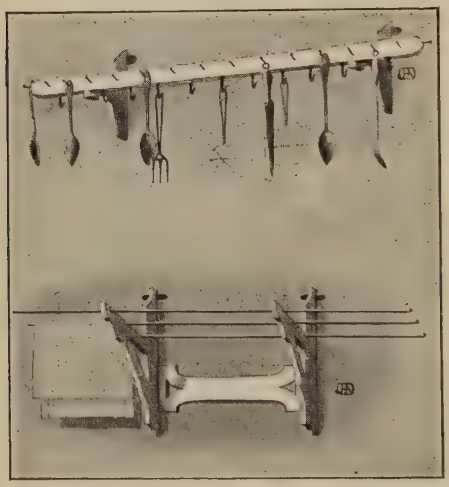


No. 1—Knife Stick and Sauce-Pan Rack

knives dry and perfectly clean before they are dropped into the slots.

Sauce-Pan Rack

For sauce pans, tin cups and dippers and small hollowware a simple contrivance is shown in illustration No. 1. A stick four inches wide and thirty-six inches long is held in place by two brackets, which enable it to project about six inches out from the wall. These brackets are fourteen inches long and eight inches wide. The curved top and bottom lines, as shown in Diag. B, page 29, are made with a compass saw.



No. 2—Spoon Bar and Towel Rack

The stick is held in place by means of three screws driven through the side of each bracket end and into the end of the stick, as shown in Diag. B, page 29.

Along the top of the strip and on the brackets round pins are driven into holes bored with a bit. These pegs, which are for cups and measures, should be of hard wood, so that they will not easily break. Galvanized nails are driven into the face and back of the strip, from which the utensils can be suspended.

Towel Rack

A simple towel rack is shown in illustration No. 2. It is made of two brackets, a back board and three round curtain poles. Each bracket is made from three pieces of wood sawed and joined as shown in Diag. C, page 29; laps are cut in the back, or upright, piece, and the other pieces are fitted into them and screwed fast.

Pieces are cut out also from the back of the upright pieces, into which the wall plate fits, and is screwed fast, as shown in Diag. D, page 29. The upright is twenty inches high, and the extension arm that holds the poles is twelve inches long from the wall to the end. One inch from the end of the arms a groove is cut, and the others are cut four inches apart.

Slim curtain poles one inch in diameter can be had at hardware or house-furnishing stores; they should be five or six feet long, and when placed on the brackets, nails can be driven down through them into the brackets, to hold them in position.

A few thin coats of white enamel will finish this rack nicely, and the other articles should receive the same treatment, to give them a cleanly appearance.

Spoon Bar

For spoons, heaters, long-handled metal forks, steels and skewers a spoon bar, such as is shown in illustration No. 2, is almost a necessity. This is somewhat similar to the sauce-pan rack, but it is longer and does not project so far out from the wall.

The stick is four or five feet long, three inches wide and rounded at the ends. The brackets are shaped as shown in Diag. E, page 29, and the stick fits into the notch at the end of the brackets, where a screw holds it fast. At the top of the brackets a crosspiece of metal is secured, and through this the screws are driven into the wall. As there is a considerable leverage on the projecting brackets and ledges, care should be taken to anchor them securely to the wall.

Diag. F, page 29, shows the manner of fastening this metal strip to the bracket. Any blacksmith will make them for a nominal sum. The strips are cut from iron one eighth of an inch thick, one inch wide and three inches long, and are provided with three holes for screws. Nails and hooks arranged along this bar will afford ample accommodation for many articles.

It should be located near the kitchen table or the stove, as desired, and at such a height as to bring it within convenient reach.

BATH ROOM AND CLOSET CONVENIENCES

In modern home building, the bath room is, or should be, a first consideration, and with all its up-to-date conveniences the act of bathing—far from being a perfunctory one for the purpose of cleanliness—may well be regarded as a luxurious recreation in which one may gain rest and refreshment. Sometimes, however, it happens that in the arrangement of the bath room suitable shelves for toilet articles, mirrors, a chest for medicine, and racks for towels are thoughtlessly omitted, but almost any one capable of handling the ordinary house tools, will find little, if any, difficulty in making these useful articles for the bath room, as well as other conveniences for the closet. As for the wood it can be had from a carpenter or perhaps is in the cellar, while the other things may be purchased for a trifle at a hardware or dry-goods store.

Medicine Chest

A medicine chest with shelves and drawers, in which things can be kept in order and in place, so they can be had at a moment's notice, is not a difficult thing to be made at home, and a simple one is shown in illustration No. 3. This is made from boards obtained from two shoe cases, which should be carefully broken apart, so as not to split the wood. For the bath room of moderate proportions it can be thirty inches high, twenty-four inches wide and from four to eight inches deep. It need not have a wood back, as the wall will take the place of one, thereby saving space. The frame and shelves are attached securely to the wall with screws, both at the top and bottom. A batten two inches wide is nailed to the wall under the chest, on which it can rest. This makes a good anchorage and relieves the greater part of the weight.

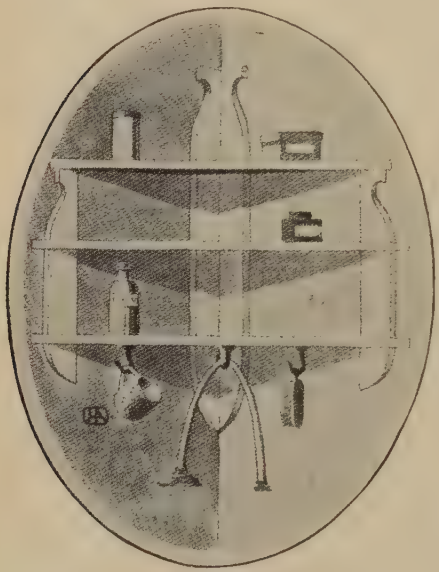
A similar arrangement is made at the top. The top of the chest projects one and one half inches beyond the sides and front, forming an overhang, and at the lower part of the chest two or three small drawers are arranged for the accommodation of small boxes and packages. Enamel paint will give this chest a good finish.

Corner Shelves

For another corner in the bath room illustration No. 4 shows a nest of shelves that are made from pine or whitewood three fourths of an inch in thickness and planed on both sides. They are held together by an angle strip at the back, or in the corner, and two strips, or wall plates, at the outer ends, on the upper ends of which the top shelf rests. A view looking down on the middle shelf is shown in Diag. G, page 29, which clearly shows the way in which the edges of the shelf are cut so as to get in the side plates and angle piece at the back. The space between the bottom and middle shelf is nine inches, while that between the middle and top one is seven inches. The side wall plates are twenty-three inches long, and the angle pieces are thirty-three inches long.

No. 3—Home-Made Medicine Chest

This same idea can be carried out for a side wall instead of a corner, and the bar may be arranged on brackets, one of which is shown in Diag. H, page 29.



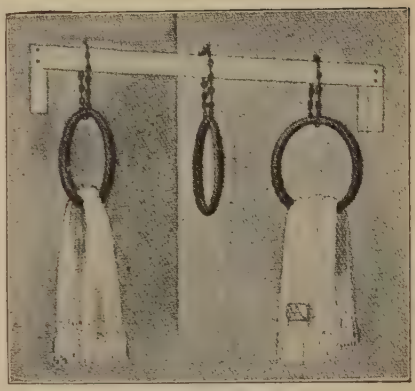
No. 4—Corner Shelves

Towel-Ring Bar

A simple device to hold towels is shown in illustration No. 5. The towel rings, or large wooden rings six or eight inches in diameter, are hung from the bar by means of chains, which in turn are held at the top of the bar with staples. Brass or nickel-plated chains, such as wash basin stoppers are fastened with, can be had at a hardware store for a few cents, and eighteen inches will be enough for each ring.

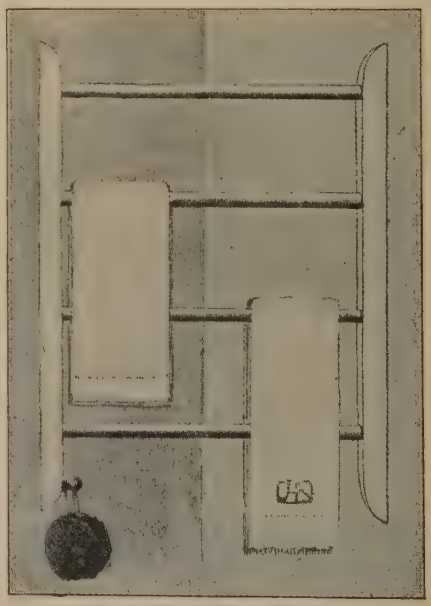
Towel Rack

A useful towel rack for the corner of the bath room, as shown in illustration No. 6, is made from four round sticks, or dowels, three fourths of an inch in diameter and from twelve to twenty inches long, according to the room or space there may be in the corner to accommodate it. A pine or whitewood stick two inches square is sawed through its length to produce two triangular sticks, which should be about thirty inches long. These will be two inches wide on the sides



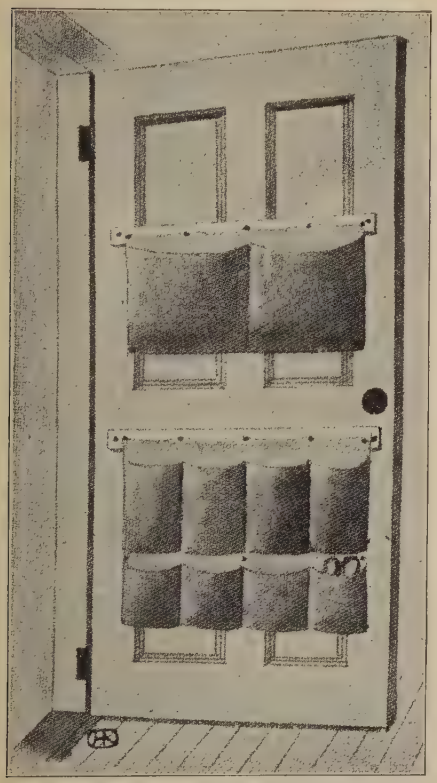
No. 5—Towel-Ring Bar

forming the right angle, and the widest of the three sides is to fit against the wall. With a knife and small plane round off the top and bottom of each stick, and at corresponding spaces bore holes in each stick with a three-fourths-of-an-inch bit, to receive the ends of the dowels. No matter what length the dowels are cut, if the holes are bored straight, the sides, or angle strips, will lie flat to the sides of the wall, as shown in Diag. I, page 29



No. 6—Useful Towel Rack

which is a view looking down on the rack from a position directly over it. The ends of the dowels should be set with glue, and a slim nail or screw passed through the stick and into the dowels will give additional strength. All the dowels should be sandpapered smooth, and the woodwork given three or four thin coats of enamel paint in white or any desired shade.



No. 7—Pockets for Closet Door

Pockets

For dust cloths, string, felt and worsted slippers, pockets on the inside of a closet door will be found convenient. A nest of ten pockets can be made of denim or other stout goods, and tacked fast to a batten arranged at the inside of a door, as shown in illustration No. 7, while another one, consisting of two large pockets, will afford a convenient receptacle for soiled collars and cuffs.

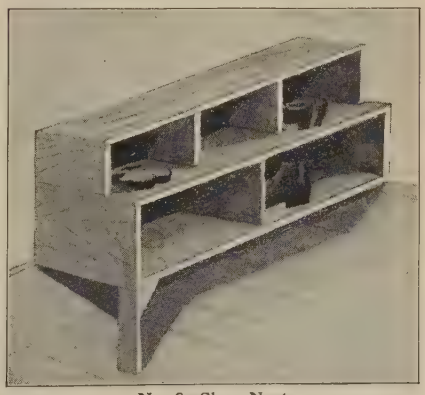
This may be attached to a batten fastened at the upper part of the door in a bedroom or closet, and will always be useful.

Paper Holder

To avoid having a pile of papers on a table or shelf a neat holder for the closet door is made of a ten-cent curtain rod and one yard of red-edged toweling. Cut four inches from one end, sew the ends of the long piece together, and turn and sew again, thus making a space to put the rod through. Make two pockets of the small piece, with the red edge at the top of the pockets. Into the holder put miscellaneous papers; in one pocket may be kept a laundry list with pencil, and in the other, string for tying up various packages. A more elaborate holder of fine linen, drawn or embroidered, may be made for the reading room.

Shoe Nest

A box can easily be converted into a shoe nest like the one shown in illustration No. 8, where shoes, slippers and rubbers may be kept in orderly condition. This double-decked shoe nest requires but little skill and very little practical knowledge to make, and as no definite size can be given, the drawing shows quite clearly how one or several of them can be made to fit the space in any closet. In a small closet no leg will be required under one corner of the nest, as both ends can rest on the top of the surbase; in a large closet, however, where it is not desired to extend it along the side, the unsupported end is held up by a leg.



No. 8—Shoe Nest

CELLAR AND ATTIC CONVENIENCES

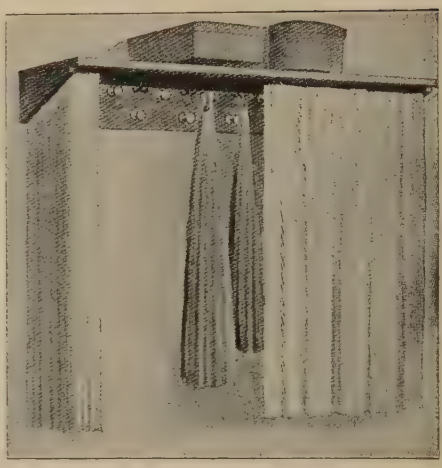
EVERY one knows that countless small things not in daily use in the household are unnecessarily dumped on the floors of the storeroom, which in most homes is the cellar and attic.

Canned-Fruit Safe

For preserves, jellies, jams and other tempting things that are sometimes prone to disappear more quickly than calculated, a very secure storage place can be made against the walls of the cellar. In the illustration of the canned-fruit safe, No. 9, the construction is so clearly shown that very little description is necessary. A framework five feet long and three feet high is made from boards ten inches wide and planed on both sides. Two shelves are nailed fast inside this framework, which is then nailed securely to the wall, where the greatest weight is supported by a strip of wood attached to the wall underneath the frame. Two or three angle brackets will lend additional support.

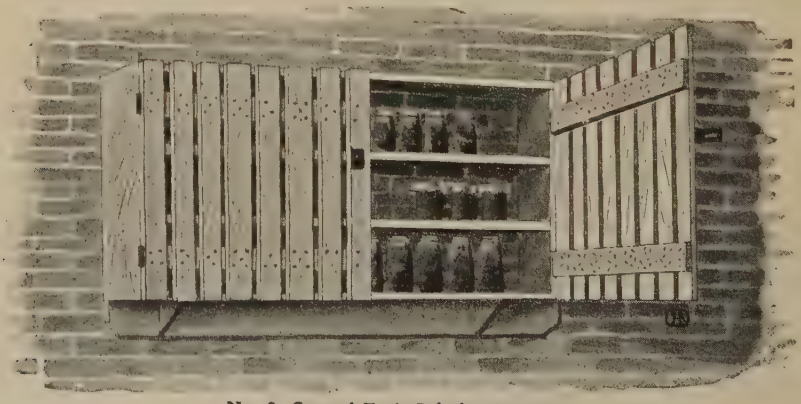
Clothes Press

The whole side of an attic can be arranged with a series of shelves and curtains for summer and winter use as is suggested by illustration No. 10.



No. 10—Clothes Press and Hat-Box Ledge for the Attic

A board twelve inches wide is nailed to the wall, and another one of the same width is provided with brackets at the ends, the rear edge being nailed to the top edge of the anchored board. Ordinary spools are nailed or screwed fast to the back board as shown in the illustration, and to the under side of the shelf drop hooks are attached.



No. 9—Canned-Fruit Safe for the Cellar

THE modern possibilities for furnishing artistically with small means are far in advance of those of even a few years ago. In an effort to combine artistic effects with great economy the woman of today has made many discoveries which would have surprised her sisters of past generations. There was a time when, if the desire to have things a little different from her neighbors to give an individuality to her house was known to be the object of a woman's ambition, her eccentricities, it was feared, might even take the form of home-made chairs cut from barrels and covered with calico, or of gilded rolling pins tied with ribbons.

Through such mad ambitions, however, we have long since become familiar with the beauty and usefulness of hand-made articles, and a stranger upon entering a home is able to tell at a glance just what ideas, just what thought that home stands for. In her quest for a thoroughly satisfactory home the ingenuity of woman develops and feeds upon its own resources, and she is frequently astonished at what she can accomplish with her own hands.

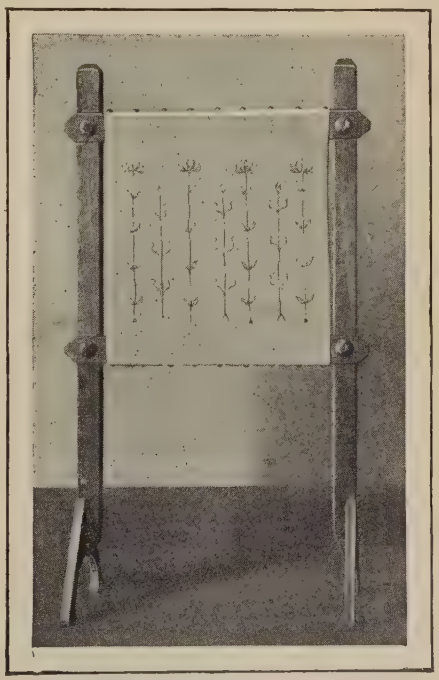
Sentiment undoubtedly enters largely into the construction of all home-made furniture, which bears a certain charm because "I made it." More than this, the knowledge that the wood is well seasoned and substantial, and that the whole construction is honest, gives it an intrinsic value that is possessed by only the very high-priced "store furniture."

All of the articles here described can be made at home of inexpensive materials, which if not already at hand, may be purchased at slight cost. For the constructional work the ordinary saw, hammer, small plane, glue pot or liquid glue and some wire nails and tacks will be required. The materials can be found in boards, boxes, big-headed nails, burlap, denim and some oil paint in tubes. Most houses nowadays have open fireplaces, and after the ordinary fire set has been provided there are still necessary a screen and a fuel holder.

Fire Screen of Leather

The fire screen shown in illustration No. 11 is thirty inches wide, fifty-eight inches high, and the top cross bar is four inches below the top of the posts. The posts are two and one-half inches square, the cross bars three inches wide and seven-eighths of an inch thick. The bottom of the lower cross bar is twenty-seven inches below the top of the upper bar, and the ends of each one project beyond the upright posts for a distance of two inches. The feet are eighteen inches across and twelve inches high, and are each composed of two pieces cut from wood so the grain runs parallel with the outer, or straight, edge, as shown in Diag. J, page 29. A piece of grain leather is stretched and made fast to the cross bars with oval-headed nails, and a design pyrographically burned on the surface. Tan leather, green framework and black metal trimmings form this color scheme, and it is delightfully artistic when complete.

In the consideration of furniture from a decorative standpoint the finish is quite as important as the shape of the piece.

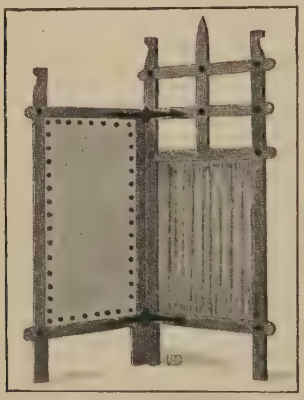


No. 11—Fire Screen of Tan Leather and Green Wood

Two-Winged Screen

Another screen of quaint design is shown in illustration No. 12. The right wing is sixty-four inches high, and the left one is fifty inches high to the top cross bar. They are both thirty inches wide, and the lower cross bars are eight inches above the floor. All the fastenings are made with lap joints, as shown in Diag. K, page 29. The left wing is covered with leather or burlap, attached by means of large nails.

The right wing is arranged with a curtained effect in some plain or subdued figured material. The hinge straps



No. 12—A Two-Winged Screen

are cut from sheet lead, that may be obtained from a plumbing shop or a tinsmith, and are shaped with a cold chisel and a mallet. All the metal parts are painted black.

An Easily Made Screen

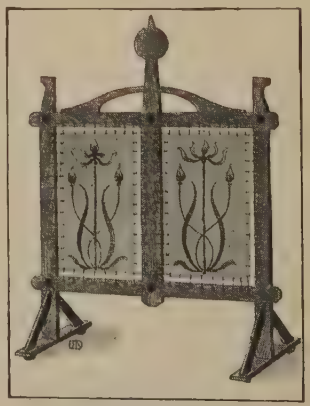
Illustration No. 13 shows an odd design for a screen which has the advantage of being easy to construct. This is quite an original arrangement of leather or fabric panels. The uprights are two and one-half inches square, and the cross strips seven-eighths of an inch by three inches. Mortises are cut through the uprights where the cross strips join them, and the ends of the cross strips are tapered, as well as being cut with a shoulder, as shown in Diag. L, page 29.

A hole at the proper distance from the

No. 13—Effective and Easily Made

shoulder will receive a flat-sided round pin, which acts as a fastening at each joint to hold the framework together. Leather or fabric may be used to cover the slats and form the panels, and the ornament can be applied with paints or pyrographically burned in the leather. If fabric is employed, the ornament may be carried out by embroidering it with the well-known heavy Asiatic couching silk.

The total height of this screen is sixty inches, and the width from post to post is thirty-six inches. The top panel is six or eight inches from the top of the uprights, and the bottom one is eighteen inches from the floor. The feet are



No. 14—Wood and Leather Combined

eighteen inches apart and twelve inches high, and they may be cut from a single piece.

Wood and Leather Screen

Illustration No. 14 shows a unique screen of wood and leather. The wood strips from which it is made are three inches wide and seven-eighths of an inch thick. The frame is forty-four inches high by thirty-eight inches wide, and each panel opening is made fourteen by twenty-six inches, to accommodate a leather panel twelve by twenty-four inches.

Around the edges of each panel opening holes are made about two inches apart, through which the leather thong or lace is passed to stretch the leather into place.

No. 15—Double Coal Hod

Coal Hod

The double coal hod, shown in illustration No. 15, is provided with a division board, so that hard and soft coal may be kept under the same covers.

The top and lids overhang the sides and ends half an inch, and the box rests on half spheres of wood, which can be made of two old croquet balls sawed in two and secured by screws driven down through the inside of the box.

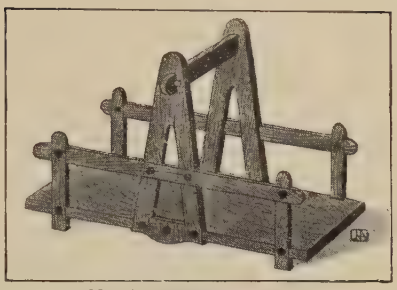
The handle and hinge straps are of sheet lead cut the proper shape with a cold chisel and mallet.

Log Rack

In illustration No. 16 is shown a simple and strong log rack, in which wood may be held for the open fire. The bottom is twelve by twenty inches, and the handle uprights are sixteen inches high.

Coal-and-Wood Holder

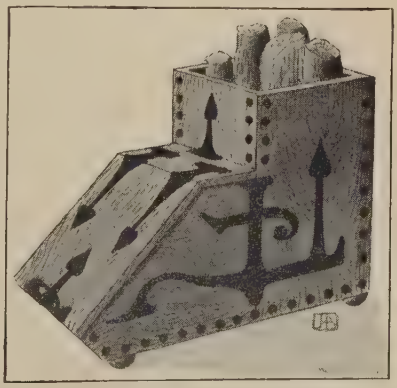
An idea for a combination coal-and-wood holder is shown in illustration No. 17, and for economy of space this receptacle will be found especially desirable for a small room. It measures fourteen inches wide and thirty inches long, making the interior of the log holder twelve inches square and eighteen inches deep. The coal hod is fourteen inches deep, and the lid pitches down so that at the front the box is but four inches deep.



No. 16—Sturdy Log Rack

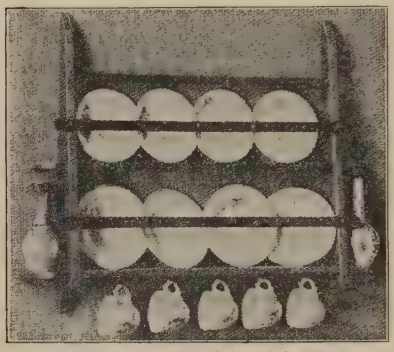
The large nail heads used in the decoration of the various articles are known as hand-made English bellows nails. If they cannot be had at a blacksmith's shop, very good substitutes may be made of lead, hammered out around the edges to give the appearance of hand forgings.

To make a head three-fourths or seven-eighths of an inch in diameter, cut from the lead, with a cold chisel and mallet on the upturned face of an old flat iron, some disks five-eighths of an inch in diameter. With a small, flat-surfaced hammer beat out the edges with quick, sharp blows, so as to closely resemble



No. 17—Coal-and-Wood Holder

the hammer marks on a wrought-iron head. These are attached to the wood in the proper place by means of slim steel-wire nails with small heads; when driven in far enough they become invisible in



No. 18—Plate Rack Finished in Ebony

the lead. Before applying these false heads they are painted black with thin shellac mixed with a portion of dry lampblack. One or two thin coats will cover the metal, and if enough lampblack has been added it will dry with a dead black finish.

Plate Rack

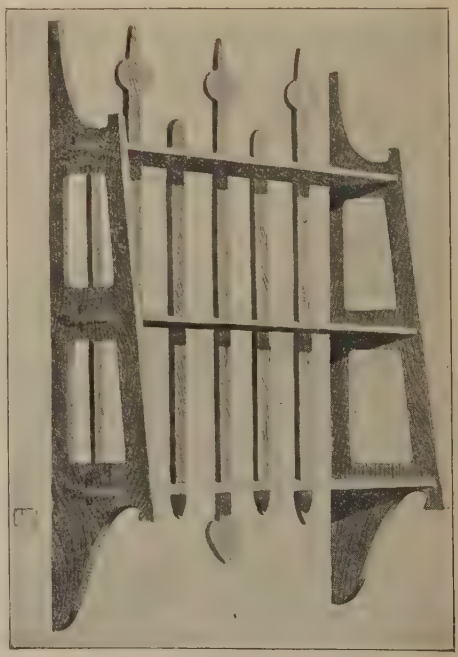
Illustration No. 18 shows an interesting plate rack made from two uprights, three shelves and some thin slats. The uprights are thirty-six inches apart and thirty-six inches high. The bottom shelf is six inches wide and extends six inches beyond the uprights at either end. The middle shelf extends four and one-half inches beyond the uprights at either end, and the cross rails are placed so as to prevent the plates from falling forward should they become dislodged. The shelves are let into the uprights as shown in Diag. M, page 29. Hooks are arranged under the shelves, from which cups are hung in a pretty convenient fashion.

Book Rack

An idea for an odd book rack to hang against the wall is suggested in illustration No. 19. Its dimensions may be governed by the space it is desired to fill, but if a plain wall is available for its hanging place it might be well to make it three feet long, with sides three feet three inches high. The shelves can be ten inches apart, and openings are made in the sides between the shelves as shown, while at the back five upright ornamental strips are placed to strengthen the shelves and add an odd feature to the construction. The ends of the shelves are cut in the form of a tenon, and slipped through mortises in the sides of the rack, where they are held in place by means of wooden pins, as shown in Diag. N, page 29.

This book rack is distinctly ornamental, and will be found especially acceptable in a bedroom or den where there is no room for the more bulky shelves which rest on the floor, or where a few books are desired rather than a large library. It can be made from any desirable wood, and if finished in a way to match the furniture in a room, a pleasing result can be obtained.

By following the instructions and diagram given for illustration No. 19, some very pretty and ornamental brackets for holding small vases, statuettes, and other bric-a-brac may be easily made to match the book rack.

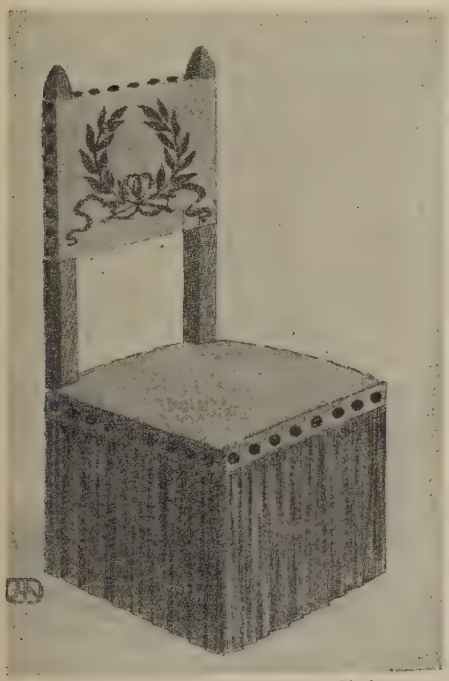


No. 19—Hanging Book Rack

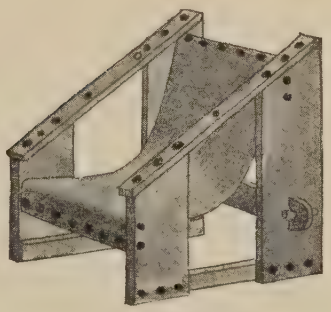
Box Chair

The box chair shown in illustration No. 20 can be easily made at home from a box, two square sticks for the uprights, and a board back, over which leather or fabric can be drawn and nailed. Diag. O, page 29, shows the construction of this chair, and also the arrangement of the lower part with a shelf, which can be used for odd books, papers or almost anything that is ordinarily tucked away in a nook or corner. The back and seat should be padded, then covered with leather or fabric. If leather is used, the ornament on the back can be drawn on with a hot point, or tinted and painted with thin oil paints. If the covering is of denim, the wreath and ribbons may be embroidered with linen floss, or cut from other fabrics of a different color, then applied.

The drapery may be of some thin goods that will hang well, and to be effective it must be gathered and tacked around the top edge of the box, over which a band of leather or gimp is stretched and



No. 20—A Useful Home-Made Chair



No. 21—Boy's Chair

nailed in place with large-headed upholsterers' tacks about three fourths of an inch in diameter. The back covering is secured with the large-headed tacks, also, which would look well if treated to a coat of the black preparation. If something better than denim or burlap is desired as a covering, a fabric of the nature of an arras cloth, Canterbury cloth or velour can be had at the upholstery shops, but they are all more expensive than the denims or burlaps, and will not wear any better. Arms may be added to a chair of this design by inserting two upright sticks and arranging arms to cap them and extend back to the rear uprights, as shown in Diag. P, page 29.

Boy's Chair

Illustration No. 21 shows an odd and comfortable chair. It is fifteen inches wide, twenty-two inches deep, with the seat rail ten or twelve inches above the floor. At the front the side boards are fifteen inches high, and at the back they measure twenty-eight inches. The uprights are of white wood eight inches wide and three-fourths of an inch thick. The top rail for the seat is located two inches in from the rear edges of the high side boards, and from this to the front rail a strip of stout leather is attached with large-headed nails painted black. English bellows nails are the best, but if they cannot be obtained, oval-headed upholsterers' nails may be bought at any hardware store. They can be painted black with a composition of thin shellac and lampblack, as indicated on page 24.

Nowadays, when sloid is taught in most schools, the boy or girl at home will find much satisfaction in putting the knowledge to a practical test.

Footstool

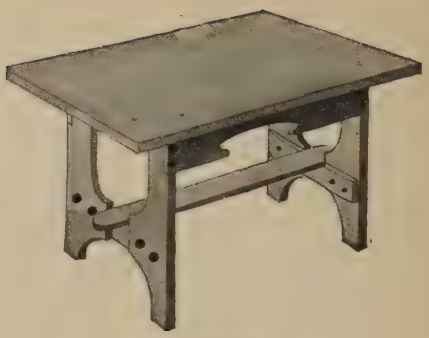
The footstool shown in illustration No. 22 is twenty-four inches long, eighteen inches wide and sixteen and one-half inches high. The side slats are three inches below the tops of the uprights, and the seat is a piece of thin sole leather, which can be obtained from a shoemaker. It is fastened to the end pieces with large, oval-headed upholsterers' nails, and at first should be drawn tight, as constant use stretches the leather, and it will soon sag.

No. 22—Footstool of Quartered Oak

Table

Illustration No. 23 shows a good strong table very easy to make. It is of white wood, stained and oiled. The top is three feet long by two feet wide. The table is two feet high. Each end is made from two cut-out boards separated and held with battens. The upper end of each board is cut out for a space of three inches by three-fourths of an inch, to receive the side rail, which extends along under the top. To brace the lower part of the sides a board is laid on the lower battens and screwed fast.

For home-made chairs and other furniture subject to hard usage spruce, apple wood and cypress are the best woods to use. All of these when they are stained, wiped and varnished have a pretty grain. Ash is harder and will make good solid furniture.

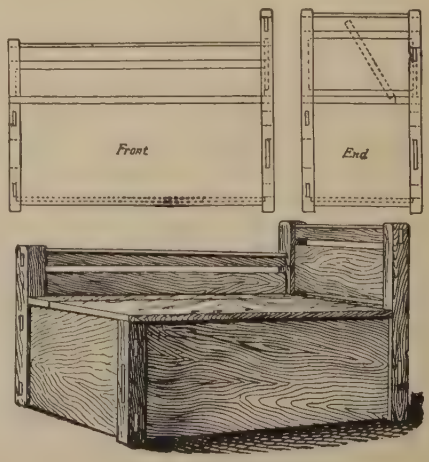


No. 23—Table

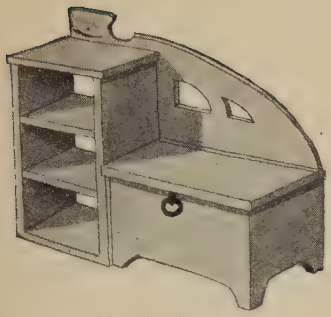
Shirt-Waist Box

Shirt waists must be carefully handled after being laundered, to retain their crispness and daintiness until worn. The shirt-waist girl knows the beauty of such a place for her waists, and doubtless every working girl in particular wishes she had for a special friend some young man who would take the interest in her and her belongings to the extent of studying carpentry and cabinet making for her benefit. But she can become master of the situation herself. She can make, or order made at small cost, the box itself, and upholster it according to her own tastes.

Illustration No. 24 shows a shirt-waist box of simple construction.



No. 24—Shirt-Waist Box



No. 25—Shoe Box

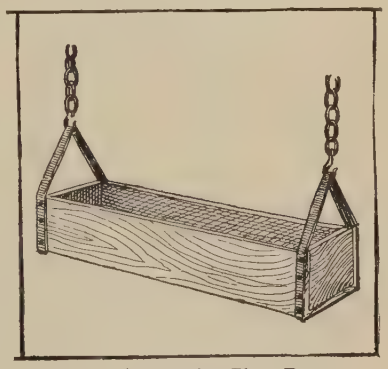
Illustration No. 25 shows a unique arrangement for holding boots and polishing material. It is made of two boxes. The one standing upright is twenty-four inches high and fifteen inches wide; the chest attached to it is twenty-four inches long and fifteen inches high.

Bassinet

Get a large barrel, cut it through the middle lengthwise, put the two pieces together by reversing the halves, placing one on top of the other, and brace it all around to make it solid. Use one of the hoops for a canopy by nailing it across the head. Pad and line throughout either with pretty denim and a white coverlet, or make it of white over pink or blue, and it will make as pretty a bed for the baby as one could want. It lasts at least six months, while the baby will outgrow a ten-dollar bassinet in six weeks.

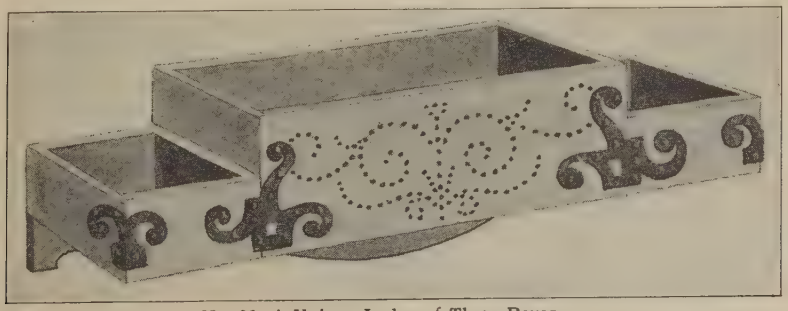
Flower Boxes

A ledge of three boxes, shown in illustration No. 26, is an easy window box to make, as one large and two smaller boxes are screwed together. The joints and corners covered with fancy metal plates are cut from thin sheet lead, which after being painted black, are applied to the boxes with tacks. The scroll ornament is worked out with tacks driven on a light pencil line, or over a paper pattern on which the lines have been drawn, and before the tacks are driven in all the way the paper is torn away, so that no scraps or small pieces will remain caught under the heads. This ledge can rest on a sill, and be supported at the front by means of brackets; or if it is to rest against the wall, a long wood plate may be screwed fast to the wall, taking care that the screws which hold it are made fast into the studs or uprights to which the lath and plaster are attached.



No. 27—Hanging Plant Box

The construction of the plant box shown in illustration No. 27 is so simple as to require no description.



No. 26—A Unique Ledge of Three Boxes

VERANDA COMFORTS

EW things add so much to the summer's comfort as a vine-sheltered veranda, where the housewife may read, sew or dream, after her household cares are over for a time.

A hammock, hung low, so that the little children can climb in and out at will, a small cot, two oaken rockers, several splint-bottomed chairs and a plain oak table, with plenty of cushions in washable covers for chairs and cot, are some of the furnishings for a veranda.

The table will hold books and magazines, and will also serve as a tea table, for on a summer afternoon there is no place at once so comfortable and attractive as a veranda for the reception of guests. Unless the porch is effectually screened with vines, rolling screens of bamboo to exclude the glare are almost indispensable. In fact the porch may be made so full of comfort and natural beauty that it will serve as a delightful out-of-door rendezvous for the entire family.

Porch Pillows

The coverings for porch cushions should always be of some material that will stand laundering, such as linen, denim, gingham and turkey-red calico or awning cloth. Pongee is also excellent for this purpose, and for floor cushions nothing is more serviceable than the goods found in Mozambique curtains, as it bears all kinds of hard usage and exposure to the weather. Make the covers so that they can be removed and laundered. This can be done by fastening a row of buttons in under the ruffle on one edge and working buttonholes to correspond; or the ends can be tied together with ribbons. All of these cushions should be covered with good strong ticking under the outside cover. If the cushions are embroidered in bold, conventional patterns, linen or cotton wash floss should be used.

Swing

A comfortable porch swing can be made from an old settee in this way: Saw off the legs and nail strips of iron at the back to strengthen it. Paint it dark brown and hang up with trace chains. An old cotton comfort will make a thick cushion for the seat, which may be covered with dull blue denim. Several pillows in various shades of blue may be added. This makes a strong swing which looks nice, and is very comfortable.

Fillings for Porch Pillows

All summer porch pillows should have fillings at once cool and fragrant. Pine or balsam needles are favorites, likewise hops and clover. The husks from green corn may be saved, and with some lemon verbena, geranium lavender or other leaves to give fragrance, they make particularly nice pillow filling. The delightful scent of new-mown hay from bluegrass clippings well repays one for the trouble of refilling a pillow or two each week when the lawn is cut. Lacking better material, finely torn paper with any sweet-scented leaves intermingled makes cool and acceptable filling for porch pillows.

Screen Pockets

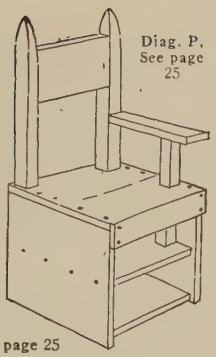
If there is a two-winged screen on the veranda it may serve a double purpose by having attached to it, by means of strong ribbons at each corner, a big pocket of cretonne, in design like the ordinary closet-door pocket. These pockets will hold a supply of fans and magazines.

Magazine Covers

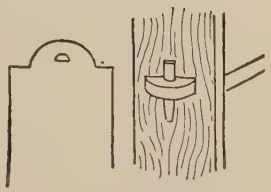
Magazines that have accumulated on the veranda during the summer, may be bound into convenient sized volumes with the aid of an awl or strong darning needle. If the magazines are published with covers, remove these first, then punch two holes near the top, and the same near the bottom of the back of each magazine. If the magazine is large, the same should be done at the middle. Then take as many magazines as you wish for a volume, fasten them together by passing fine spool wire through the holes, and twisting the ends together firmly. For covers pieces of cardboard may be fastened to the front and back of the volume, as the magazines are bound together, and the entire volume neatly covered with cloth of any desired color and material, in the same manner as text books are frequently covered for school purposes.

DIAGRAMS

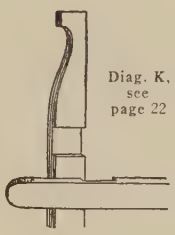
On this page are shown all diagrams referred to in Book I.

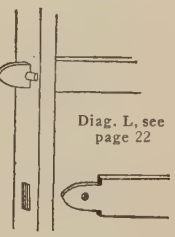


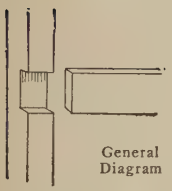
Diag. O, see page 25

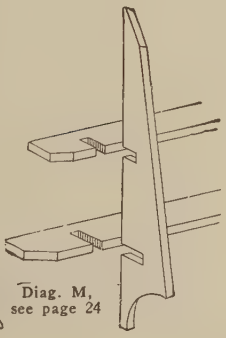


Diag. N, see page 24

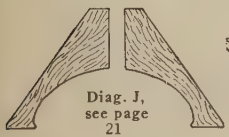




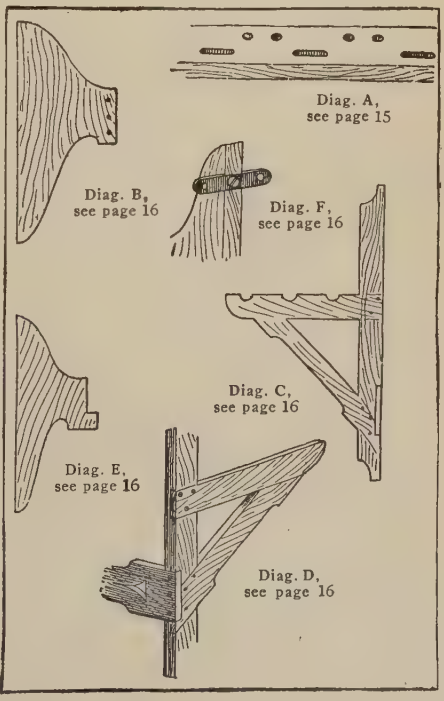


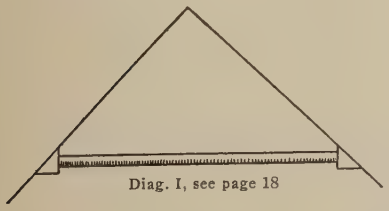


Diag. M,
see page 24

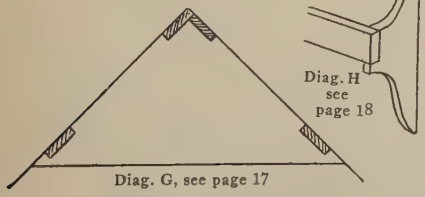


Diag. J,
see page
21





Diag. I, see page 18



Diag. G, see page 17

Spindle

No. 28—Decorative Spindle

Illustration No. 28 indicates how an ordinary wall hook for holding bills or other papers may be converted into a thing of beauty by mounting it upon a chamois-covered panel painted in Indian design.

Picture Frame

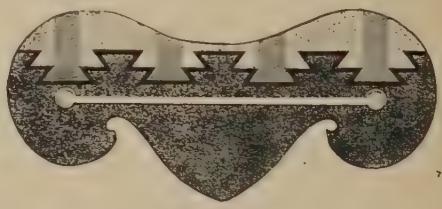
Illustration No. 29 shows a mitered wood frame and a picture behind glass. The wood is of half-inch pine and three inches wide, and the angles forming the miters are cut in an ordinary miter box, that can be purchased at a hardware store for twenty-five cents. Glue and steel-wire nails are used to make the joint, and to form the rabbet for the glass and picture a small round dowel is cut and tacked in place.

Before the ornament is applied, give the woodwork a coat of thin shellac mixed with a very small portion of dry brown dust (burnt umber is preferable), to lend the frame an antique appearance.

Care should be taken not to add too much of the brown, as it will spoil, rather than improve, the appearance of the wood. This will dry very quickly, but it is best to let it stand an hour before applying the metal work.

All the metal parts of the ornament are separate pieces, fastened on with the small steel-wire nails, and the berries on the stems are small oval-headed upholsterers' tacks painted black. Scrolls of the light strips of iron are formed, and attached to the top of the frame with staples, and the large-headed nails are employed for the anchorage to the wall.

No. 29—A Simple Wooden Frame



No. 30—Necktie Holder

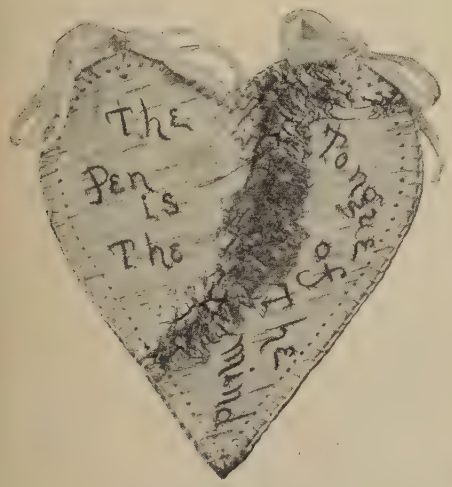
The use of such simple and inexpensive material may be well employed for frames of various sizes, separately or in panels, for pictures that might otherwise go unframed.

Necktie Holder

No bright girl who has noticed that her brother invariably hangs his neckties on the gas fixture will ever present to a male friend a perfumed satin case. She who has studied Indian art will have a carpenter make a wooden panel fifteen inches long, and cover it herself with chamois smoothly stretched over the edges and tacked at the back. She will next paint an Indian design upon the skin. In the one illustrated, No. 30, the lower half might be colored a rich brown, the vertical stripes a dull orange red and the zigzag lines black. The decoration being applied, a brass or wooden rod is fastened across the panel, and it is hung on the wall by means of two screw eyes in its upper edge.

No. 31—Case for Small Whisk Broom

Illustration No. 31 shows a whisk broom case made of two round pieces of birch bark, neatly bound and tied together with satin ribbon. The bark may be painted as indicated or left in its natural state. This holder is suitable for a hat brush.

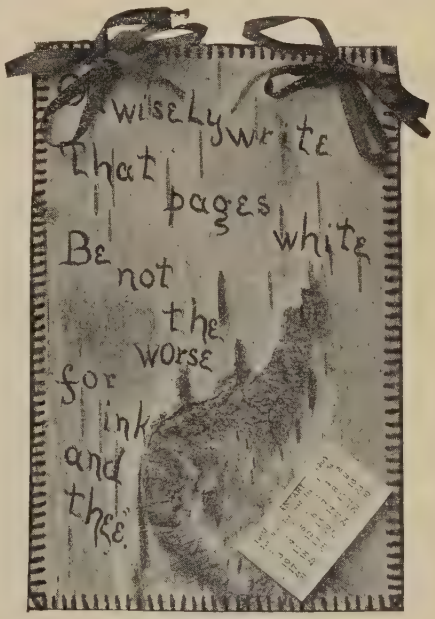


No. 32—Penwiper

The penwiper shown in illustration No. 32 is made from a piece of birch bark beautifully marked.

No. 33—Blotter

A pretty accessory to the writing desk is suggested by illustration No. 33—a blotter of birch bark with buttonholed edge.



No. 34—Calendar

Another well-marked piece of birch bark is shown in illustration No. 34—a calendar finished with bright red bows.

Scrap Book

This most convenient article for newspaper clippings is made of two pieces of cardboard ten by five inches, covered with gray linen, as shown in illustration No. 35. Embroider or paint a design on top cover; line the covers with fancy paper and mount the corners with sterling silver pieces. Place between the covers twelve large white envelopes; punch holes

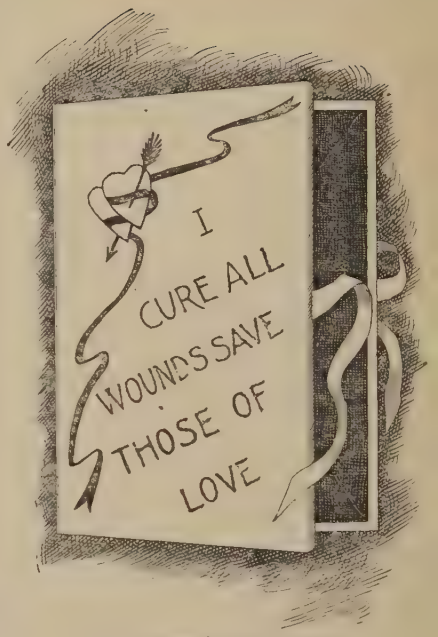
No. 35—For Paper Clippings

through all and fasten with ribbon. Mark the twelve envelopes with Art, Prose, Poetry, Humor, History, Criticism, Personals, Musical, Society, Travels, Recipes and Miscellany. Embroider or paint across the cover, "Newspaper Clippings."

Case for Court Plaster

A useful small article is a court plaster case (illustration No. 36), which may be kept ready for an emergency.

Procure from a druggist a pretty paper case of assorted plaster, cover four pieces of cardboard with white linen, and embroider on the outer side with red floss this couplet:



No. 36—Case for Court Plaster

"I cure all wounds save those of love."

Above this embroider two red hearts tied with ribbon and pierced with an arrow. The pieces of cardboard may be joined at the back by overcasting them together. Full allowance must be made for a play of the linen in closing the case. Ties of red ribbon are attached to the front of the case.

Brush Holder

To make the brush holder shown in illustration No. 37, take a quart-size tin can, cut out both ends close and smooth, so there will be no ragged, or "cutty," edges, then paper it both inside and out with light-colored wrapping paper. When dry cut a strip of dark blue sateen to fit the inside, allowing the width of a good-sized seam to project at either opening. Then wet the inside lightly with paste and put in the lining, rubbing it down perfectly smooth, being careful not to run any of the paste out on the edges that are to turn over. For the outside cover use a good quality of black sateen, work it with blue beads, and sew it to the lin-

ing "pin-roll" style. Before putting it on, however, turn back the edges of the lining, and wrap the can, or case, with two layers of outing flannel to pad the cover. One and one half yards of blue ribbon to match the lining serve as a hanger. Lay the ribbon across where the cover joins, bringing the ends from opposite directions through the case, and up six or eight inches, tying them in a double bow with long ends.

No. 37—Brush Holder

Coat Hanger

Cover a wire frame with cotton batting scented with sachet powder. Make a covering of pretty ribbon by overcasting the sides of the ribbon together over each end of the frame. Wrap the hook with baby ribbon of the same color, and cover the joining of the ribbons with a full, fluffy rosette of the ribbon, eight or ten yards being necessary for good effect.

No. 38—Coat Hanger

Skirt Hanger

The little hangers ordinarily used for hanging men's clothes make most satisfactory skirt hangers. If the band of the skirt is folded and held very tight when putting on the hanger the skirt will not sag, but will keep its shape. To cover the hanger requires two yards of inch-wide ribbon. Wind the ribbon very tight around the wire and fasten securely at each end. Use the remaining ribbon for the bows, tying the ribbon securely around the pins.

No. 39—Skirt Hanger

Match Scratcher

As a protection to walls and woodwork match scratchers should be hung wherever there is danger of a match being struck by a careless person.

They are easily and quickly made at little cost. The foundation of heavy pasteboard may be cut in any desired shape, and covered as one fancies, the main thing being that they should fulfil their mission without looking like a mere ornament out of place.

For the match scratcher shown in illustration No. 40, a circular water-color cardboard plaque is used. A scalloped circular piece of fine sandpaper with a tiny black mouse painted in the center is pasted to the cardboard. Black cats of the same size—in a variety of attitudes—form an irregular border for the center circle.

No. 40—Match Scratcher

LEATHER ARTICLES

LEATHER has played an important part in the world's history. From the earliest times it has provided man with weapons of warfare, shielded him from injury, given shelter, and later, in the medieval days, gladdened his eye by the manifold beauties to which it lent itself.

As far back as the Homeric period we find leather used as the basis on which the overlapping plates of bronze were fastened which formed the armor of the Greeks, and for the sandals which we see to-day represented in their sculpture and vase paintings.

Later, when the northern tribes were beginning to emerge from their obscurity, leather constituted the greater part of their trappings. The rude skins of animals supplied their dress, while rawhides stretched over the rude round shields of that period, together with the hidebound spears, made up their armor; and great leathern thongs bound to the knee the fleece which composed the foot covering.

Use in Gentler Arts

With the progress of learning leather lent itself to the gentler arts, binding up the huge tome of the scholar, forming the parchment pages of the old missals, to illuminate which the monks toiled in their quiet cells (animated by the fervor of a faith which was still young); covering the great chairs in which the nobility sat in state, and supplying belts, pouches and numberless other things for these persons of importance.

The acme of richness and splendor produced by tooled and decorated leather was reached in the renaissance of Venetian and Spanish art. At that time there were produced those wonderful wall coverings of tooled and ornamental leather which we speak of to-day as Cordovan leather, and which is the wonder and despair of our modern artists.

No. 41—Writing Book

Modern Recognition

With the growth of modern recognition of the art of leather tooling there is an increasing number of people who desire to enter this field of work, and to those delighting in the use of tools leather offers many possibilities. All are fascinating, and when one has once begun this work his enthusiasm and pleasure are apt to lead him on, so beautiful are the things that can be made in this way. This craft represents infinite steps; from the simple tooled belt or bag of the beginner to the manifold hues and intricacies of the Cordovan leather.

Selecting Leather

In selecting the leather it should be remembered that the thickness and pliability determines the height of the decoration to be placed upon it. In order to test the fitness of a piece of leather for tooling, wet a sample and press the fingers firmly into it, making an indentation, and if the leather can easily be made to resume its original shape by pulling, it is adaptable to leather tooling.

After carefully selecting and cutting the leather the desired size and shape, lay it on a flat, hard surface (either glass, stone or wood), wet the surface with a sponge (always avoiding rubbing or scratching). Then, having previously drawn the design on paper, transfer it to the leather by firmly pressing the lines with a sharp tool. Great care should be used to avoid cutting either paper or leather. On removing the pattern the leather will be seen to have a delicate tracery of indented lines, which should be strengthened with a sharp tool before proceeding further. Many effective designs may be made by this strengthening of outlines alone. Remember while tooling to keep the leather moist, never, however, allowing it to become spongy.

A fine-grained calfskin, a piece of Russia calf or a sheepskin, will meet the requirements of the amateur worker.

If calfskin is used, and high relief attempted, the leather should be soaked for three minutes, and then dried between blotters. If in tooling beads of water follow the line of the tool, the leather should be allowed to drip for a few minutes before continuing. If the design is to be embossed the first step is to carefully press the background away from the parts to be raised. This embossing is done from the back by grasping the leather with both hands, so that the fingers of the right hand may play about underneath, and carefully rub the design from beneath with the tool, which brings the desired portions into relief, after which the outlines are strengthened where necessary, and modeling added. Leather in proper condition can be readily modeled, and should be treated as though it were clay or wax.

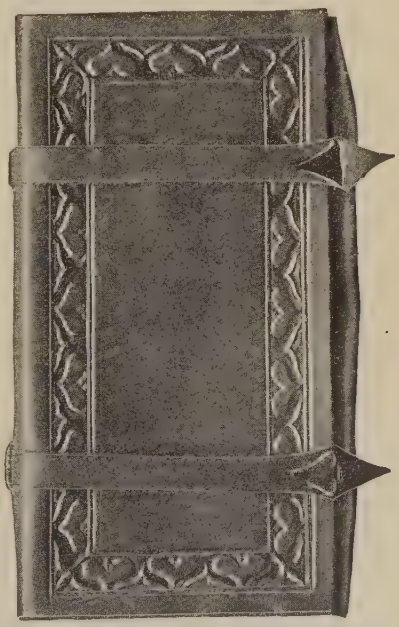
Writing Book

The effective design on the writing book, illustration No. 41, is obtained by carefully defining the pattern, and by a firm pressure of the tool upon the background close to the lines. The leather, a beautiful piece of Russia calf, is a soft tan color, the inner side having the ooze finish. The two pockets and corner pieces, which serve to hold the blotter in place, are laced to the covers by means of a narrow leathern thong passed through small punched holes.

Medicine Case

This convenient case, illustration No. 42, is made of five pieces; body, two side pieces, and straps which are inserted through slashes at the top and back. Two small bottles, flanked on either side by two of larger size, are separated from each other by lacing with a thong, which also holds the front to the back. To the plain tooled border might be added the monogram of the owner. This border has a simple tooled background. A firm, hard piece of calf is best suited to such a case.

The number of compartments which it is to contain may be increased, of course, to accommodate as many bottles as may be desired.



No. 42—Medicine Case

Outfit for Tooling

A simple outfit for tooling leather consists of two modeling tools, a pair of scissors, a sharp knife, a punch and a metal-edged ruler. The shape of each tool will suggest its use, that of spoon shape being used for backgrounds, the sharp bevel tool for outlining, and the round tool for modeling.

In the beginning it is well to avoid designs having intricate curves and interlacing patterns.

No. 43—Music Roll

A variety of articles both beautiful and useful will from time to time present themselves to the worker in leather.

When she becomes more proficient she may be courageous enough to undertake with joy still larger pieces.

Sheepskin

The articles illustrated on this page are made from tan sheepskin, decorated with the popular burnt work, and may be easily made from the directions given.

A sheepskin of good quality may be purchased at small cost. Its possibilities are really surprising, and any one with ingenuity can devise handy little articles to suit individual cases. A great many trinkets for the work basket can easily be made. Boxes of various sorts and for various purposes are also desirable. The skin is rich looking and durable.

Music Roll

For the music roll, illustration No. 43, stitch together two pieces of leather of equal dimensions with two rows of silk thread. Fasten with a three-fourths-inch stitched strap and a buckle. Before joining the two pieces of leather measure the place for the handle and strap, cutting the slits in the outside piece, but leaving the under part whole. The handle should be two ply, shaped, stitched, and then slipped through the cut slit. Decorate with a bar of music or a monogram.

Broom Holder

To make a novel whisk-broom holder, cover a light board six and one-half by seven and one-half inches with silk. Cut the leather seven by eight inches, stitch two rows of silk one-half inch from the edge, and pink. Cut a shaped pocket of leather, pink the edge, and fasten to the leather by means of two rows of stitching down the sides. Punch two holes in the leather at the top for the strap, and with a gimlet make holes in the wood opposite those in the leather, then join with two leather straps run through the holes. This strengthens the holder when removing the broom. Glue the leather to the wood. Decorate the broom handle with leather straps. Burn in some pretty and attractive design.

No. 44—Broom Holder

RUG MAKING

"How can I utilize the contents of my rag bag?" is a question frequently asked, and any suggestions as to the solving of this problem are eagerly sought. Old pieces of linen, that have become worn and soft with age, can always be utilized by being torn into strips and sewn together, and sent to the weaver to be woven up for bath mats and rag carpeting; but this is not the point at issue, as we want to know how we can use the rags ourselves, without the aid of a weaver or a loom.

The joy of making a rag carpet is a real one. Try it and see how fascinated you will become when you find the work shaping itself under your hands. The pride of the oriental rug maker will be yours, only, lacking oriental patience, you will rejoice in the rapidity with which the work nears completion.

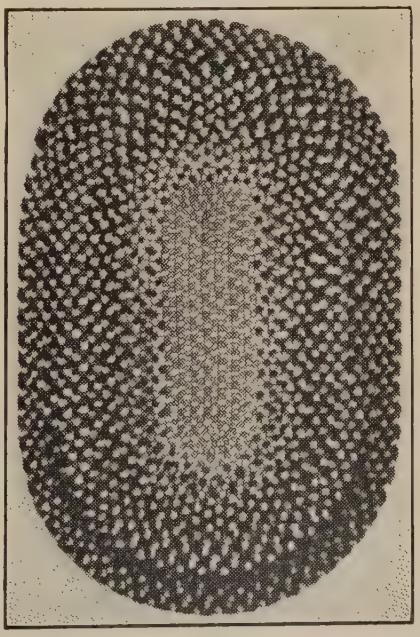
Very often it is not possible for the home maker to indulge herself in costly rugs and carpets, but to the woman who appreciates the true value of simplicity in house furnishings, those expensive articles become unnecessary in producing an altogether charming effect. She has found in her interesting experiments that it is far more refreshing and desirable to come into a room furnished with a blue-and-white rug of woven rags, than one which displays a gorgeous "Axminster" with staring flowers in yellow, pink and red, and a border of sprawling arabesques.

Question of Color

But remember that the color scheme must be carefully thought out; it would be a pity to neglect the infinite opportunity for harmony, and the dye pot is a faithful friend in bringing beauty out of a hodge-podge of miscellaneous odds and ends.

Flannel rags can be collected and dyed either blue, pink, green, or preferably, half the rags dyed one color, and the other half dyed in the same dye after it has been diluted with water, to make a paler color; in this way a two-tone effect will be given. A pretty home-made rug may be made in this way.

Having collected about twenty-five pounds of flannel rags and having dyed them the desired shades they must now be torn into strips about an inch wide, and these must be neatly sewn together, overlapping about half an inch, so that the joining is strong. Now procure a length of clothesline rope, and commence to crochet the flannel strips over the rope. This is begun in the center, like any crochet wheel for a chair back. A large wooden crochet hook may be obtained from a needlework shop. The stitch of double crochet is used to cover the rope with the crocheted flannel. As you go along, the crochet is inserted into the previous row, so that the circle grows with every pull of the needle. In using two colors, the paler shade could be used until the circle is about a foot across. Then use the darker shade until you have gone five times around the rug. Return again to the paler color, repeating the alternate colors until the flannel is all used up, or the rug is the desired size, leaving the darker shade at the edge of the rug.



No. 45—A Dainty Rug in Shades of Blue With Edges Neatly Turned In

Cheapness and Durability

These are very economical to make, and are very quickly done, and are among the most durable of any of the home-made rugs, as the rope makes such a hard, strong surface before it is covered with the flannel.

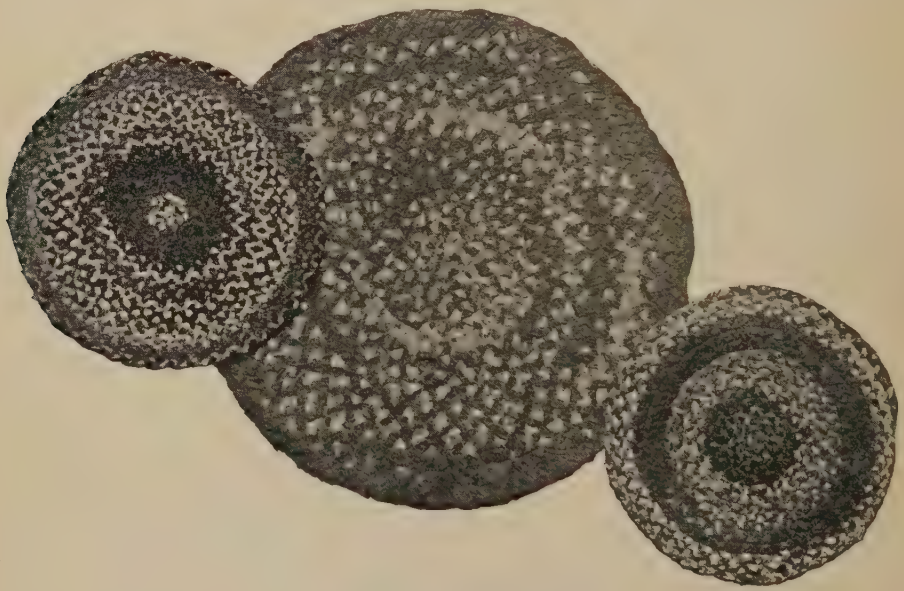
It is not always easy to amass enough flannel rags to go into this kind of rug making, but all kinds of things can be utilized for this purpose. Old chenille curtains which are not entirely worn out can be pulled apart and wound into balls. This material can be crocheted around the rug; it makes an excellent substitute for the flannel, and is even more quickly done. Old ingrain carpets can also be torn apart, and after having been thoroughly cleansed could be utilized in the same way as the chenille, a dye bath being resorted to if the colors are not what are wanted.

In every large town there are dealers who provide wefts and warps for weavers, and many of the wefts or fillings could be utilized for crocheting around the rugs. Sometimes they are made in many colors, other times they come in strong solid colors. Any of these can be used to crochet around the rope, as they can be bought for from five to twenty cents a pound, and a good-sized rug can be made for from fifty cents to a dollar.

The Braided Rug

Then there is the fine old braided rug—the kind seen in nearly every New England home. Is there anything that lends to a room such an atmosphere of thrift, comfort and "hominess" as the braided rug? And still there are some parts of the country where the simple art is practically unknown.

Brilliant contrasts in these rugs are sometimes effective, if skill is used in arranging them but for everyday wear the monotone is advised. The prettiest ones have about three or four shades of one color, with perhaps black introduced as a contrast. Home dyeing usually comes out very uneven, and instead of detracting from the work, it adds to the beauty of the finished rug, as it produces a somewhat cloudy appearance, which makes it of interest. Some people add a piece of black cloth pinked out at the edges to the rug when it is finished, to make it lap the floor.



No. 46—The Braided Rug

Many rugs are improved by a stripe of black appearing in the plait with two paler ones. This is especially attractive when it happens to be black velveteen.

A Simple Process

Now as to the actual making of the rugs. Directions are almost superfluous, the process is so simple.

A little practice is necessary to find out what width the rags should be torn. A piece of old white muslin might have to be torn an inch and a half in width, while a strong piece of denim would only need to be half that width. The point is that the plait when finished must be of equal thickness, and these points are only learned by experience. The rags may be torn and plaited quickly, but the strips should be turned in while the rug is being plaited to insure perfectly smooth and finished work.

Most people do them in the rough-and-ready way, as they will not spend the time on the more finished article. The illustrations Nos. 45 and 46 show both kinds of rugs. It is best to sew the plaits together as you go along and they should be tightly seamed on the wrong side with very small stitches. Four or five yards of strips can be plaited at once, providing one of the strips is quite short, as this prevents them from getting tangled up, which always happens if three long strips are plaited at once. Many people join the strips together as they go along, as they find it easier to work with them if they are not longer than half a yard, but these points are all decided by individual workers, according to their fancy.

Matter of Economy

One feature of these rugs that appeals emphatically to the economical housewife is the opportunity they afford for using up otherwise worthless material. Old pieces of dress material, bits of ribbon, odd scraps of fine swiss, or even denim or cotton flannel, can any or all of them be utilized in the same rug, as the greater the variety in texture the more attractive the rug becomes. Care must be taken, however (as before hinted), not to mix too many colors, as they become a weariness to the eye if some restraint is not used in this direction.

Cotton Flannel Rug

A beautiful rug may be made from new cotton flannel. This can be bought very reasonably and it comes in old rose, blue and green. Five yards of this material will make a rug a yard across, and most artistic effects can be obtained by using new material. The shade of old rose harmonizes beautifully with some of the modern wall papers.

Imitation Indian Rug

Cut wool or silk rags as for carpet weaving. Sew together several balls of solid colors, such as red and black. Sew all other rags "hit or miss." Crochet in Afghan stitch one strip of solid about half a yard wide, inserting crosses of contrasting color as you proceed. If knitted, the middle strip might be in Roman stripe effect. Now make two strips about three inches wide, of "hit or miss," and sew on either side of the wide middle strip. For the outside edge have strips three or four inches wide, of solid color. No fringe or finish of any kind is needed.

A coarse bodkin threaded with the rags is used for sewing the strips together. The result is exceedingly attractive.

Chenille Woven Rugs

Take all your woolen rags and cut and sew as for a rag carpet. Wind every color separately. The borders are generally made of black and red rags, and sometimes a little green, and for the center any other color will do. It takes five pounds to one square yard; that is, a rug sixty and three-fourths inches by thirty-one inches will take seven to eight pounds, which makes a good-sized rug. For the border of the above size it takes one and one-half pounds of black and one of red. The price for weaving is about eighteen cents a square foot.

With so many different ways of utilizing rags and left overs, surely we need no longer be perplexed with how to use up old materials, and we shall have found a means of adding to our homes useful and beautiful rugs, which can be glorified according to our resources and individual taste.

The best way of using silk scraps is to cut and sew them as for a carpet (carefully blending the colors), and have them woven into curtains or portières.

STENCILING

STENCIL work is comparatively a new handicraft, and yet so easy to do that it is sure to commend itself to a large number of women. It is quickly done, and is one of the most easily learned of the useful arts. It has no elaborate detail, difficult to comprehend, but requires neat, clean handling more than artistic ability. An ingenious worker can use a design for several different purposes by a little planning and adapting.

To those who are clever designers and can make their own stencil designs these suggestions may be helpful, but it is the larger number of women who are clever with their fingers, but who have no knowledge of drawing that we want to assist.

Where artistic effect is to be obtained, and at the same time economy is to be studied, one of the chief things to remember is that artistic effect does not go hand in hand with rich material, but rather makes it imperative that any material becomes artistic when used in its legitimate manner, and not made to appear otherwise than itself. The best results are therefore obtained in the use of the simplest materials conducive to carrying out a certain idea.

Tools Required in the Craft

Designs can be bought ready cut for stenciling, and these can be found at any artists' supply store for from twenty-five cents to one dollar apiece, according to the size and amount of work in the stencil.

Oil-tube paints, or even the ready-mixed paints in the cans are the easiest kind of colors for the beginner to work with. If used only with turpentine they will not be perfectly fast, and to have good work done we must know that the wash tub and the sunshine will have no terrors for us.

A good medium which will keep the colors from spreading when first applied must be procured from the same house that sells paints and stencils, and will insure the pattern remaining when exposed to the sun's rays, and also prevents the color from disappearing when the material is washed. Many workers find they can use the color without either turpentine or a fixative, but it is harder to do and uses a good deal more color.

Having got your medium, colors and stencil, also stiff hog-hair brushes, a large and a small size, a board or table must be procured to do the work on—one in which drawing pins can be fastened. A plank of soft wood with one side well padded with muslin is the most satisfactory thing to work on. This can be laid on a large table and no harm is done to a good table. On the board place one half of a full sheet of blotting paper; this is to absorb the color, so there is no smearing of the work when the stencil is moved. The board is covered with several sheets of blotting paper; in this way two yards of material can be stenciled without moving the work. Most people do about half a yard at a time. It is needless to say much time is wasted in unnecessary adjusting by so doing.

How to do Stenciling

It is best to use plenty of drawing pins, and it is cheaper to buy a box containing a hundred; this quantity will last a long time. The stencil must then be firmly pinned down so that it is perfectly flat, then go over the portions of the design that are cut out, taking care to hold the edges down tightly, so that none of the color will spread beyond the edge. The color may be laid out on a palette or a piece of glass, and mixed with the medium by means of a palette knife. If several pairs of curtains are to be stenciled and cannot be done in one day, mix enough paint to last for the set, as it is often difficult to get the same shade when it is made up of several colors. This can be poured into a bottle and corked, and when shaken will be found to be the same shade several days later.

Care in Applying the Color

When applying the color have very little in the brush, and rub it into the material. It will be found that rough material takes more color than smooth material. The color should be worked slightly over the surface, and should be about the consistency of cream. Stenciling may be done flat or shaded; the latter is very attractive when done on a design of leaves alone, and for a beginner it is easier than flat work, there being none of the difficulties of getting an even shade. If a design is selected of conventional oak leaves the brush can be dipped in yellow, and a little color put on each leaf until the brush is emptied; then red can be added, and this must be used sparingly. Finally green can be softly run over the stencil. If the leaf is to be left light very little green will be needed, but if it is to be a dark one nearly the whole leaf can be green. The good effect of this will surprise the worker, as it is so easy to do, and looks so rich and glowing when finished. The less care given to shading, the better; it should look haphazard, like the turning autumn leaves on the trees.

Its Many Uses

Stencil work lends itself admirably to the decoration of the home. It can be used for portières, curtains, bedspreads, table covers, pillow tops, screens, as well as for friezes and other wall decoration. There are any number of materials to use, for sash curtains, scrim, bobbinet and swiss are all excellent. Scrim requires more color to go through, and shows on the wrong side, while swiss needs a mere touch of color.

For heavy curtains, denim, crash, linen, lattice cloth, arras cloth, burlaps, velour, velvet and plenty of other materials can all be brought into service. Velour is not the best material for a beginner, as practice is needed in order to prevent the pile from being flattened by the wet color.

Curtains are very soft and pretty when made of cream poplin with a field poppy design in one shade of delft blue, for a blue guest chamber.

Russian crash stenciled in art nouveau style makes a good-looking sideboard cloth in a dining room furnished with mission furniture.

Measuring the Design

Always in stenciling a good deal of planning is required; for instance, if a table cloth is being stenciled the four corners must be done first; if the design is carefully measured for the four sides it is best to measure from the center of each side of the cloth, as in case the design is too full and extends beyond the corners certain parts can be omitted. In this way the design will look as if it were made for this special cloth.

A design for a portière should be stronger and more decided than that of a curtain. A frieze and dado design usually seems more appropriate for a portière than a border design around one side and along the bottom.

No. 47—Curtains of Scrim and Crash with Effective Stenciled Designs

Conventional Flower Design

Sometimes a conventional flower treatment can be used at the base of a portière, extending two feet up the curtain. A narrow, simple design of the same flower motif would look well about one foot from the top.

Another portière could have a frieze design about fifteen inches deep, and have no decoration. All these points must be left to the taste and decision of the worker.

It will be found best to be as distinctive as possible in the work. Some people are noted for their good workmanship, others for beautiful colors, while the worker who can not only do good work and unique coloring, but can make clever original designs as well, has a wide field among the homes of her friends, and can also make good money by doing this work for sale.

If the stenciler intends doing the work for sale, buying ready-made designs would be out of the question, for her work should be an expression of herself, and must be individual to obtain recognition.

A very good way to learn the value of ties in stenciling, is to trace off the pattern of a good wall paper, and redesign it for stenciling. It will be found that some motifs need a great deal of breaking up by ties, to help the design, while others need masses of color. In this way the requirements of the stencil will be understood before beginning the harder task of making designs.

Study of Japanese Art Useful

A study of Japanese art will be found very helpful, and there are any number of manuals showing Japanese fret designs that will prove most useful, as they can be adapted and simplified until the designer has learned to stand alone, and produce original designs. These first experiments will go a long way toward making a good stencil designer, and never again will she be willing to use a ready-made stencil. If a leaf is too large, it may be broken up by a narrow line being made one fourth of an inch from the edge and the tie introduced say at intervals of one inch. This makes the leaf motif more interesting.

The effect of the design can be seen by coloring it, and if it comes up to the mark, it can then be transferred to the stencil paper by means of carbon paper, going over the outline with a dull point. This paper, ready prepared, is sold at artists' supply stores, and is very satisfactory; by the time it is worn out, the design has probably been used quite often enough, for it is a great mistake to let any design become common by using it a number of times.

BOOK II.

Health and Beauty

By

Mary Perry King, Author of "Comfort and Exercise."
The Small Sisters, New York's Most Famous Beauty Specialists.
Dr. Caissarato, Sarah Bernhardt's Beauty Specialist.
Dr. Jane Leslie Kift.

Breathing—Position of Body in Breathing. **Walking**—The Ideal Shoe, Direction of Feet in Walking, Position of Body in Walking, Sandals. **Exercising for Grace**—Full Bendings, Backward Bendings, Side Stretching, Side Bendings, Full Twistings, Dancing, Handball. **Keeping the Size Normal**—By Exercise: Indifferent Exercise Injurious, Reducing Size, Use of Water, Increasing Weight, Relaxation. By Diet: Reducing Flesh, Increasing Flesh. **Care of the Complexion**—By Facial Massage: Use of Cream, Patting Movement, Rotary Massage, Percussion Movement, Ironing the Face, Double Chin, Enlarged Pores, Frown, Massaging the Nose, Ear, Eye, Eyebrows, Scalp. By External Applications: Classification of Skins, Use of Water, Soap, Powder, Oiliness, Dryness, Bathing. **Care of the Hair**—Washing, Combing, Brushing, Dressing, Dandruff, Oily and Dry Hair. **Care of Arms, Hands and Feet**—Removing Blemishes from the Arms, Moisture of the Hands, Chapped Hands, Care of the Finger Nails, Chilblains, Corns. **Care of the Teeth**—Brushing, Preserving theEnamel, First Teeth, Cleanliness, Powder, General Care.

BOOK II.

HEALTH AND BEAUTY

To be beautiful has been in all ages the fervent desire of every normal-minded woman.

Where Nature has been churlish in granting this much-desired gift, many and wonderful have been the means employed to obtain the coveted possession.

It is unfortunate that so frequently external means alone are resorted to, when the true cause of a blemish may be some unsuspected derangement of the stomach or blood, which any amount of lotions and creams will be powerless to overcome. Many times proper diet and bathing alone will effect a cure. The eyes, the skin, and even the form, respond wonderfully to a continued regular diet of proper foods.

Plenty of exercise, especially in the open air, and abundant exposure to the life-giving sunshine are great beauty makers and preservers. Pure air is an absolute necessity.

Secrets of the Old-Time Belles

The ladies of the olden time were even more attentive to their beauty and its perpetuation than the twentieth-century maidens. For the complexion, they used a very soft rice powder applying it especially to the nose, chin and forehead.

A lotion for pink cheeks was found in a milk-of-oranges composed of orange-flower water and tincture of benzoin.

The mint of cream of those days was a wonderful thing for the healing of the hands, winter and summer, and it would be good even in this day. It had for a basis an ounce of mutton suet, and into this was dropped a sprig of mint.

Camphor ice, used then as now, was made of such good stuff that it never failed to heal the skin.

Twentieth-Century Beauty

In our century, the word "Beauty" is taken in a very broad sense. No longer is the "appearance of delicacy and even fragility almost essential to it." For a face to be beautiful, it is not only necessary that the features should be regular and that the skin which covers them should be firm and elastic, but it is furthermore indispensable that the complexion should have freshness, purity, transparency, brilliancy and harmonious coloring.

Health is not only essential to Beauty, but it is the most important factor in life. It imperatively demands that the general circulation of the blood be good; that the nervous system be normal in function; that the digestive and other organs be free from the slightest derangement, and that the body be kept in readiness for perfect motion.

A well-proportioned figure is a thing to be desired, but it is of little avail without graceful carriage. A pleasant and musical voice demands good poise and well-controlled breathing.

Like all things perfectible the plasticity of our body is subject to the laws of progress. Every organ is improved by the activity of its faculties, and every deformity is susceptible of at least partial correction. Ugliness, considered among the ancients as a curse from heaven, is now for us but a simple and curable malady. Every woman, even the least favored by Nature, may acquire a pleasing and attractive ensemble by the observance of certain hygienic rules.

In this book are given methods by which health and beauty may be attained and preserved through physical exercises, diet, and the care of the complexion, the hair, and the different parts of the body.

BREATHING

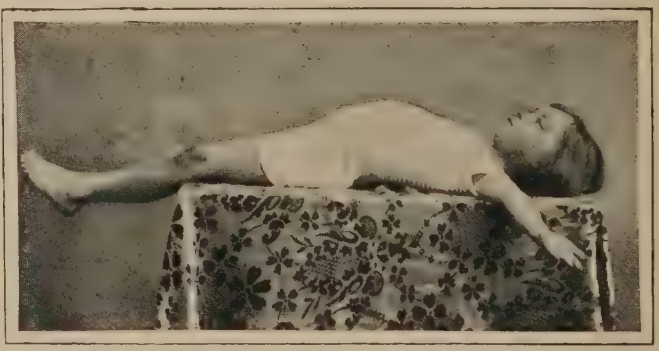
BY MARY PERRY KING

EVERY life has need of breathing, stretching, talking, standing, sitting, walking, running, lifting and carrying, and may have opportunity for little other exercise or education. Therefore, it seems but reasonable economy to make these necessary activities render all possible help not only as conveniences, but also as educational influences.

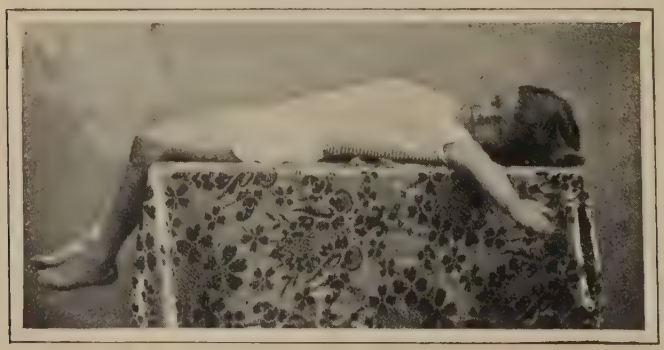
Proper breathing is the most important teaching of physical education. Good breathing is the prime requisite for ease and sweetness and power of speech, or of any and all of the special uses of the voice. Indeed, it is a necessary foundation to personal force, effectiveness and dignity.

Prone Position

The best position for learning to breathe well is to lie prone, flat upon the back with arms outstretched at the side. In this position the body is so placed as to offer fullest and freest facility for the breathing exercise. To make sure that the chest is well up and widely expanded, flatten the shoulders upon the mattress, and raise and lower the extended arms on either side (from the hips to overhead) until the muscles of the chest, front body, sides and upper back feel thoroughly well stretched. Finish this expansion with the chest held well up by the muscles of the chest and upper back, and keep it there, not held up by the breath, but muscularly held up. Then with arms outstretched and chest well up, holding the chest and shoulders and arms perfectly motionless, relax thoroughly the muscles over the front body and ribs, so that they are softly mobile and ready to contract and expand vigorously without disturbing the quiet of the upheld chest and of the shoulders and extended arms. Thus one is ready to breathe well. Then inhale gradually through the nose, that the air may be cleansed and tempered before it reaches the very sensitive membranes of the bronchial tubes and lungs. With the inhalation be sure that the ribs and the back under the shoulder blades and the front body wall distend softly and freely as the air fills the lung cavity thoroughly. Still



Breathing Exercise—Filling the Lungs With Air



Breathing Exercise—Lungs Expelling Air, Chest Erect

holding the chest and arms unmoved, expel the air by gradual contraction of first the front body wall, then the ribs, until through a small opening of the lips or the nose the excess, or transient, air of the lungs is exhaled, leaving the chest still unmoved, well upheld and keeping a general space for the next inhalation. Thus the air in the lungs is thoroughly changed and freshened, and the lungs are well worked and strengthened for the furnishing of a generous, wholesome supply of living energy. Of course, at no time during life is all the air exhausted from the lungs. There must always be in the lungs a larger or smaller supply of what is known as residual air, but this, too, is changed and freshened by exchange with the transient air in good breathing. The habitual muscular upholding of the chest (not the shoulders, but the center of the chest), with good, normal chest expansion, and a thorough change of air from deep, strong exhalation and inhalation, secure the best quantity of fresh air in the lungs, and the best power for full, wholesome, easy-working breathing. This is the kind of respiration that stimulates and cleanses the circulation, that fortifies digestion and assimilation and all the important processes of living.

Inhale fully while lying prone, pull gradually and easily up to sitting in good poise, with the chest held up and well forward of the hips, then with the diaphragm and rib pressure exhale firmly without dropping the chest. If this is successfully mastered one need but inhale again to find by repetition of the exercise that good-sitting poise is as possible as the freedom of lying prone, to the most efficient and economic good breathing.

Arms outstretched at the sides and kept perfectly still while breathing help to prevent "shoulder raising," which is one of the early dangers in the exercise.

Sitting Poise

In the sitting poise be sure again that the chest is held well up by the muscles of the chest and upper back, and that it is held well forward by a slight bending forward at the hip joint, so that the center of the upheld chest is just over the center of the body's base of support, and not slumped back over the base of the spinal column. This done, the head, if the neck is mobile and free, sways variously at need, and always easily and gracefully, in plumb with the center of the chest, however that may move. The poise of the body thus maintained, the arms and legs and the body's relation to other objects may be governed by the obvious laws of comfort, beauty and convenience.

Proper Sitting Position for Breathing Exercises

The one important thing to secure in any and all positions, whether in lying down or in leaning one way or another, in sitting or in standing, is the free expansion, uplift and forward lead of the chest, with full, vigorous breathing activity of the body walls below the chest.

The slumping down of the middle body, bending the back and squeezing and holding inactive the middle-body muscles and organs not only reduces the breathing capacity, and consequently the body's recuperative power, but it also seriously

endangers the body's structure and destroys its dignity.

When too weak to sit well and breathe well it is best to lie flat whenever possible. The Orientals realized the value of prone resting when they said, "Never stand when you can sit, and never sit when you can lie down."

Breathing exercise may be taken in good-sitting poise with the arms straight down at the sides (relaxed) or outstretched at the sides, or in any position that helps the chest expansion and the chest quiet. It is necessary for all good diaphragm-intercostal breathing that the chest be held up only by the muscles of the chest and upper back, and never by inflation nor by pulling back and holding rigid the front and side and back body muscles below the arms. The chest lift should be a muscular habit. As soon as good carriage of the chest becomes a habit of muscles and poise it not only increases breathing capacity and vital power, but it also becomes the key-note to habitual bodily ease and elegance.

To learn to breathe well throughout all of the exigencies of standing and walking is the next step.

Rising

A very little practise of starting with good-sitting poise and lifting the body on a soft, strong spring of the muscles of a foot and leg put well under the body, and then gently swaying the weight over the forward foot, will establish an easy, harmonious way of performing an action so necessary that we need to do it economically and pleasantly.

The chest grows fine by learning to carry itself well. Shoulders drop, the neck rounds and hollows disappear as chest muscles develop and grow firm and smooth. The slight bend forward at the hip joint gives the chest all the forecarrying that beauty demands, and leaves the possibility of good breathing for another charm. Any overlifting or overforwarding of the chest becomes a caricature of normal beauty, and is unhygienic. The next point in fine carriage is to secure the lithe, flexible mobility of body from head to foot. Let no uplifting of the chest nor bending at the hip be held rigidly. Rather should these first steps set free the other muscles to accomplish their utmost of mobile grace. The upcarrying of the chest should leave the middle body free and lithe; the slight forward bend at the hip joint relieves the spinal column of undue weight and tension, frees the hip joints, keeps the center of the chest (which represents the center of the body's weight) well over the center of the base of support, and should give that surety of poise and perfect freedom of mobility which are the secrets of the easy dignity and grace which characterize elegant carriage and deportment.

Home Gymnasium Work

A simple and very useful bit of apparatus for the use of children, is a strongly supported horizontal-bar or ladder, or pair of swinging rings hung well apart, to give good, wide spreading of the arms and chest-freedom. Any of these can be adjusted over a mattress on a piazza, or in the nursery over a child's bed, or on a lawn. Here the child may hang and stretch to its heart's content, strengthening the muscles of the sides, back and front body, and thus avoid the tiny crooked back and contracted little chest so often seen in children.

Simple Horizontal Bar

WALKING

BY MARY PERRY KING

THE proper clothing of the feet and the proper use of the feet are equally important both to health and beauty.

Using the bare feet well, as much as is possible, helps not only the freshness and firmness of the feet themselves, and through them the general nervous health, but it also helps the strength and ease of control of the body's balance on the feet and the fine development of the leg. Leaving out of consideration the obvious absurdity of cramping and deforming the feet, great care must be taken not to overheat nor overweight nor oversupport

the feet and ankles. The overheating of the feet is very debilitating and nervously irritating. The overweighting of the feet is discouragingly clumsy and wasteful of energy. The oversupporting of the ankles is one of the earliest cruelties, kindly meant. Ankles have only a little work to do when good walking has taught the muscles of the balls of the feet and the calf of the leg to do their larger share. The most that is required of the ankles is free, easy mobility. This work does not make coarse ankles, but rather refines

them; it does not make weak ankles, but rather strengthens them; it does not risk cold feet, but rather makes warm feet sure by the free, active circulation that it keeps going if the ankles are free to work busily and comfortably.

The Shoe

For graceful movement and for healthy, normal feet, shoes that fit perfectly are absolutely necessary.

An ideal shoe would be heelless and

only heavy enough of sole to protect the foot from hardship in any required use, while flexible enough to permit the soft, easy roll of the ball of the foot in stepping. It should be close and neatly fitting about the heel, and through the waist of the foot it should be held firmly. It should be broad enough of spread and tread across the front foot, from a point an inch straight in front of the great-toe joint straight across to the extreme outer edge of the little toe where it is outspread to its utmost limit (by bearing the body's full weight upon one foot alone), so that the whole ball of the foot and all of the toes might spread and spring, balance and adjust, and in short do most of the work of walking. Such a shoe would be broad in front and narrower toward the heel.

Practising an Alert-Body Poise

Pinched, unnatural feet look wooden, lifeless, weak, deformed and so hard and unlovely that they excite pity and disgust.

Great care should be taken, therefore, in the selection of shoes. Shoes that are comfortable and sensible should be chosen rather than those that conform to the latest style which often are not made on healthful lines.

Taking for granted that a student of correct walking is either freely barefoot or shod in sandals or barefoot shoes, the next point to be gained toward perfect standing is the throwing of the body's weight all onto the balls of the feet. Heels should barely touch the ground or floor, and the heels should never be the striking points when the feet first touch the ground in standing, walking or running.

Direction of Feet in Walking

In walking it is obvious that the best direction for the feet to maintain is parallel—straight on the direction in which one is to walk. The old-fashioned toeing-out position in walking was wasteful, in that the divergence between the direction of the toe and the way one wanted to go had to be overcome by all sorts of body writhings and waddlings. "Heels together and toes out" was taught with the expectation that the body's weight was to be carried on the heels, and that the heels were the points of attack and the pivots of all motion. The prevalence of heel walking has long been the unconsidered source of much ugliness and many human ills.

For walking and running the natural economy of procedure induces the orthopædic, or straight-foot position and tread. For standing and dancing, foot positions and dispositions of the body's weight must vary with varying requirement.

Alert Poise

In what is known as alert, or kinetic, poise the body's weight should be held over the firm, soft muscles of the ball of one foot and leg while the other foot is swung lightly a little behind, ready to swing anywhere at need.

When the supporting foot and leg are weary of supporting the body's weight well poised over it, the idle foot swings forward and relieves it. In such standing the direction of the feet may be straight or so slightly turned as to make an

easy center for any required motion of the body from side to side.

Passive Poise

In passive, or static, poise the foot positions and directions may be the same as in alert poise, one foot always slightly behind the other (unless in excessive and pronounced sidewise motion, when feet side by side might be required), and the body's weight may be equally divided upon the balls of both feet, with the center of the chest or the center of gravity poised straight and high over the exact middle of the distance between the two feet. This is a far less beautiful and less generally useful poise, but it is none the less valuable and necessary when it is required.

Active Poise

In active, or dynamic, poise—as in walking and running and dancing—the relative position of the feet is as before, one a little ahead of the other, and their direction is always straight toward the desired goal. The weight and center of gravity are always over the ball of the active, forward foot, and leaning ever still further ahead, as the ball of the supporting foot lifts it slightly and rolls it on. The idle foot should always rest lightly behind until required to swing forward to take the overleaning body's weight, when it softly lifts and rolls the body still further forward.

Here is no jar or jerk of walking no more than in your pet cat's graceful gliding. Any invalid could risk this gentle stretch and strengthening of the muscles to expedite convalescence without danger to sensitive nerves or frail organs.

The throwing of the body's weight constantly on the balls of the feet is a sure preventive of the deservedly dreaded flat feet. It strengthens and slims the ankles, and develops and rounds out the muscles over the instep and calf of the leg. This surely is more natural and lasting beauty than pointed-toed, high-heeled shoes can give.

All swaying in walking should be the hardly perceptible forward and backward undulation of a mobile spinal column, neck and hip joint, as they adapt themselves gently to the body's leaning and straightening in walking or in any exercise. Excessive springing up and down is as self-conscious and pedantic in its expression as swaggering from side to side is overphysical and vulgar.

It is strange that so common a necessity as walking is so rarely well done. If walking is to make women beautiful instead of jading them, it must be done with a free, mobile body, unconstricted, unhampered, and well poised from top to toe. Every step must be taken in full, free uninterrupted unity and succession of motion from chest to head and balls of feet, and in such rhythm as the length and force of each walker instinctively prefers. Such walking as this unfailingly brings relief and refreshment to aching backs and jangled nerves.

Sandals

Sandals or sandal shoes or barefoot shoes that give the foot a broad, elastic tread wide enough and heavy enough to give adequate protection cannot be too strongly recommended for children.

The upper parts of these shoes are as light and open as can be made practicable, and they allow the balls of the feet and the toes full, free spread and ventilation. Childish, nervous irritations are often set right very promptly by toning and strengthening and normalizing young feet that have even so early fallen victims to shoemakers and fashion.

A Shoe Modeled to the Foot, Giving Perfect Freedom

A Barefoot Shoe for Healthful Summer Wear

EXERCISING FOR GRACE

BY MARY PERRY KING

THERE are certain physical conditions that are absolutely essential to real grace of body. A woman cannot have flabby muscles, a weak chest, a stiff, unwieldly waist line, unexercised joints, and be graceful.

The exercises that follow, therefore, are not only of value from the standpoint of health, but also in the development of grace, which is ease of motion.

Where motion is difficult, awkward or overintense there is a great loss of strength. The woman who accomplishes the most housework is not the woman who does it with her teeth set, every nerve tense, and stamping about on the heels of her shoes. The woman who is the least tired after a day's work or a day's exercise of any sort whatever is the woman who goes about it with a springy step, breathing easily, with her chest held well, the woman who is more apt to have a smile than a tight look about her mouth, whose nerves are peaceful, and whose muscles are relaxed so far as consistent with accomplishment.

Perfect Body Poise in Standing

This woman who moves easily is the graceful woman. It is really very much easier to be graceful than awkward, if women will let themselves relax.

It is very important that a woman should stand correctly. She should rest lightly on the balls of her feet, with the abdomen drawn in, the shoulders drooping and the chest held high. In this way she wastes no energy, does not get tired, looks charming and graceful. In fact, every movement of her life should be the easy, pleasantly alert movement, not the tense, awkward, exhausting movement.

The simplest exercises for developing grace are the "full bendings," "full twistings" and "full swayings," from head to feet. These exercises may be taken with vigorous stretching of all the muscles and with relaxed swaying motion. In every exercise, motion must be orderly, rhythmical and uninterrupted, from chest to head, through body, arms and legs, to balls of feet and toes. Only by such exercise can habits of bodily grace be acquired.

Full Bendings

Start from alert poise, with the chest and weight well over the forward foot. Either foot may be forward first, and frequent change of the forward foot is necessary. First, after being sure that breathing is full and well sustained, bow the chest forward and down, bending and stretching the muscles from under the shoulder blades and upper back; then as the head begins to bow, stretch well the muscles of the neck, and finally stretch the lower back muscles and bend at hip joint to let the upper body and head bow their lowest, while the muscles of the

back and back of neck stretch their utmost. Then bend gradually the supporting knee, stretching strongly the muscles of that leg, while the idle leg softly bends and gets ready to share the weight upon its bended knee when it shall touch the floor. The supporting leg bends lower and lower, until it finally transfers part of the body's weight to the under knee, with all of the muscles of the back and back of neck at full stretch forward and downward. The muscle stretching should be continuous, successive and vigorous throughout the exercise. When ready for the uplift, begin with the chest, smoothly and in good order lift gradually the head, upstretch the lower body and the legs, keeping the weight still over the ball of the supporting foot, which has been forward from the start, and should remain so to the finish. If desired, stretch on, lifting the chest up and back with the head following, and the muscles of front leg, neck (or throat) and front body and supporting leg and foot stretching their utmost.

Backward Bending

The chief backward bending of the back should always come just under the shoulder blades, and not lower down. The undue backward bending of the lower back, or "small of the back," destroys poise, throwing the abdomen into undue prominence, and may work more serious injury. Great care should be taken in all exercise to avoid the overstraining and weakening of the lower back. Throughout this exercise care must be taken to keep the weight always over the forward foot and to maintain good poise.

This entire exercise may be taken with the arms and hands relaxed at sides or outstretching in any direction; with firm, strong stretching of the muscles or with the muscles softly relaxed and the body swaying rhythmically forward and back through the exercise.

Side Stretching

For stretching the side muscles of the body and for developing the arms, stand resting on the balls of your feet, and stretch both arms up, keeping a perfect line from the tip of the finger to the heel of the foot. Bring the arms up from the sides slowly, reaching up higher and higher, until they have been stretched just as far as the muscles can go, then dropping them back to place slowly and perfectly relaxed. Do this eight or ten times slowly in succession.

Proper Poise to Begin Forward Bending

Side Bendings

An excellent intercostal or rib-muscle gymnastic is the sidewise body bending with vigorous stretching, and also with relaxed muscles and rhythmical swaying. In this exercise, starting with alert poise and keeping the weight always over the ball of the forward foot, bend chest, head and trunk successively, slowly and thoroughly to one side, stretching to the utmost the muscles of ribs, shoulder, neck and leg on opposite side. From this position, with chest leading, reverse bending and stretching to the opposite side, still keeping the weight well over the same forward foot as at the beginning. This exercise also may be taken with arms falling or stretching harmoniously in any direction that may be preferred.

Forward Bending—To Gain Perfect Balance

Full Twistings

A gymnastic that is most useful in strengthening, mobilizing and normalizing the muscles about the waist or middle body, shoulders and hips is well-ordered body twisting, with its many variations. In this exercise the body gradually twists to one side in good succession and fine rhythm, chest leading, arms, head and lower body following with slow, strong stretching of the resisting muscles. The twisting must go as far around as it can, stretching even the supporting feet and toes, but not changing the foot positions. Reverse the twisting in as good order as it was begun, and carry it as far as possible the other way, reaching a little further each time the exercise is taken. The twists with stretching and the relaxed swaying twists may include the arms in any way that is preferred. In each and all of these gymnastics, when well done, the fundamental principles of all grace are demonstrated and utilized.

Full Bending—Exercising the Whole Body

In any profitable exercising there are such dangers to be guarded against as sitting or standing or moving out of poise, with the abdomen carried too far forward and the body's weight thrown back upon the heels and spinal column. To avoid these dangers, be sure that the chest is well upheld and fore-carried, that the body's weight is kept well over the balls of the feet, that the feet work freely, efficiently and intelligently, and in the name of unity take care that the body's mobility is unconstricted and free to do its best from top to toe.

Dancing

Of all possible exercises for the recreation of general grace none surpasses dancing—not artificial, silly mincing and capering, but dancing at its best. Such dancing as expresses brilliancy of conception and sweetness of spirit, as well as beauty of motion, is an art and exercise whose power is still undeveloped. Perhaps it is to be the next reborn art. Already some old evils of unintelligent dancing are disappearing. Mere mobility and dexterity if they are not well ordered possess but little charm. Every motion means something, and dancing to be really beautiful must intelligently and skilfully express beautiful meaning. The teaching of fine poise and good motion on free, springing balls of feet and toes is infusing into popular dancing some of the natural ease, the gentle dignity and real joyousness that must distinguish all best dancing.

Handball

Among the very best exercises for home practise for both grown people and little people is hand ball. In this exercise a small and very light elastic ball is kept bounding and rebounding between the wall and the palm of the hand. The hand stroke of course must give to the ball impetus and direction, and must be prompt in estimating and meeting the rebound of the ball. This is good exercise for the cultivation of alertness, accuracy and economy in motion. You cannot succeed in playing hand ball if you are awkward or bungling.

It sounds very easy to speak of keeping a ball bounding back and forth, but to do it well you really have to cultivate intelligence as well as vigorous grace.

Side Bending—Excellent to Develop Rib Muscles

Naturally it is a good exercise for breathing and for graceful poise in standing.

To disseminate such practical, normal betterment as has here been suggested, throughout all work and play of the individual, for fuller self-culture and for more healthful and happy influence, is the great mission of real physical education. Its teaching may be done in gymnasium, in class-room, in the home or wherever else free activity and growth are possible. All exercise can be perfected by harmonizing it to the normal standards of healthful, efficient, graceful growth.

KEEPING THE SIZE NORMAL

I. BY EXERCISE

II. BY DIET

PHYSICAL exercise taken according to the requirements of the individual is at once the most natural and effectual means of keeping the size normal, and of maintaining the symmetry of the body. This may be aided by a regular system of diet, which should be resorted to only under the direction of a physician.

The following exercises for keeping the size normal may also be supplemented by the exercises given in the foregoing pages of this book.

Waist Twist—To Reduce Weight

EXERCISE—By Mary Perry King

The problem of reducing superfluous flesh is a very complex and troublesome one. A certain amount of superficial fat can be dissipated by persistent, vigorous exertion of any kind. Mere thoroughgoing, general use of muscles, with its quickening of the circulation and its increase of elimination, through quickened breathing, perspiration, etc., will accomplish this much.

If we once fully realize how inevitably our habits of motion represent us, whether we will or no; how incessant and subtle is their expression, true or false, betraying or misrepresenting what we really are, and how generally and unquestioningly the world takes our motion's representation of us, bad habits and all, for our real selves, we must readily appreciate the advisability of well educating our tale-bearing motion habits and mannerisms.

Indifferent Exercise Injurious

Disorderly or indifferent exercise is not only wasteful and dangerous physically, but mentally and spiritually as well. The conscious and unconscious motion that we use in living is not only responsible for making the impression of what we seem to be, but it also radically influences what we are—or character itself.

We are constantly being educated, molded and represented by the way in which we move about our commonplace daily activities, and we are obliged to take more of this almost unguided practise education than of any other.

In all effective exercise care must be taken to hold the body in good poise, so that a habit of dignified, efficient poise is being established for general use. Every exercise must be taken fully throughout the entire body, and in good order, beginning with full breathing and full motion, proceeding from the chest to the neck and head, throughout the arms and hands and all the muscles of the body, to the legs and feet. Every motion, besides being full, uninterrupted and gradually or successively well ordered throughout the body, should also

be naturally rhythmical. That is to say, motion to be good exercise should never jar nor jerk. It should be taken in time as slow as seems instinctively comfortable to the individual when the motion is oft-repeated.

The exercise of our daily work when taken vigorously, persistently and with the thoroughgoing efficiency of fine motion often will serve excellently to keep our size normal, our "looks" well "up to the mark" and our condition generally capable and well and happy. Care must be taken to cultivate full and vigorous breathing, whereby the circulation is purified and stimulated, and the heart and lungs are kept strong, clean and healthy.

Enough vigorous, well-ordered exercise of some kind must be persistently and regularly taken to stimulate all the functions of elimination, or the throwing off of waste matter by the lungs, the skin, the kidneys and the intestines. This sanitary cleansing and refreshing of the general system by elimination can only be thoroughly and efficiently induced by habitual good exercise; and its salutary effects upon general health and general appearance are well worth while.

Reducing Size

Among the gymnastic exercises that are particularly helpful for this special use are the body stretching and lifting forward and backward from prone. Leg lifting and swinging from the hip, and all of the body bendings, stretchings, twistings and swayings, as described in a former section of this series, are very expeditiously helpful to reduction as well as for the education of general mobility and grace. Free, unrestricted, vigorous walking is most beneficial when it is thoroughly and persistently well done. Average, badly done walking has little health-giving, normalizing value. Indeed, any and all exercise if really well taken for all that it is worth, with full breathing of clean air and well-ordered motion, will stimulate elimination and renovation, reduce superfluous bulk and improve development.

Together with and immediately after all vigorous exercise special care should be taken to keep the breathing full. There is a prevailing tendency to forget to breathe deeply and fully, particularly when nervously intent on other activity. Therefore, making full breathing so habitual that it finally becomes automatically habitual is a valuable provision for force in exercise and in living generally.

Use of Water

Another important accompaniment to vigorous exercise is the abundant drinking of clear, fresh water and the external use of plenty of soap and hot water, followed by cold-water shock and brisk rubbing. Thus the skin may be promptly and thoroughly cleansed and "toned up." Of course, damp clothing should always be immediately exchanged for dry when exercise is over, both for the sake of cleanliness and to avoid chill.

Reducing fat or bulk must not be confounded with the reducing of weight. Fat does not weigh so heavily as good, firm, muscular tissue, and for this reason weight and size rarely seem to reduce proportionately. Very often after a very marked reduction of both weight and

Body Raising—To Make Waist Small and Flexible

size, in response to careful diet and good exercise, the weight steadily increases without any perceptible increase, and perhaps even with some further decrease, of size. This is because muscular tissue and bodily make-up are improving in quality, growing stronger and firmer. It is, so to speak, a most desirable normalizing to sterling density or solidity without accumulating any inconvenient, worthless excess or bulk.

Complete Relaxation, With Full Breathing—To Aid in Gaining Weight

If exercise for "reduction" has been well taken, the result will be not only a decrease of size, but an equally advantageous increase of mobility, of strength and poise, and of efficiency and grace.

Relaxation

Absolute relaxation at will is one of the most valuable helps to recuperation —not partial relaxation, such as half reclining, with the head pillowed high and the thought at tension, but complete, entire relaxation, amounting almost to devitalization, as it is sometimes called. From such relaxation can best be gained the perfect rest that overworked, over-

Prone Stretch, Each Muscle Extended—To Give Breadth to Chest

Increasing Weight

The same sanitary precautions as to thorough oxygenation, by full breathing of clean, fresh air, free elimination by ample water drinking and exercise, and prompt cleansing and stimulation of the skin by adequate bathing, shock and rubbing, must be carefully observed by these patients also.

For these patients less exercise and exercise less violent is prescribed, with frequent taking of nourishing fluids between exercises. There must, however, always be enough well-ordered exercise taken with good breathing to stimulate and regulate appetite, digestion, good assimilation and sound renovation, while establishing good-motion habits of general usefulness.

strained, overstimulated beings need before radical recuperation can begin. If you would help strengthen a return to normal power, observe the natural order of growth. Induce first a general cheeriness of spirit, and encourage it to stimulate the mind to some pleasurable interest in being and doing, before you test strength and endurance. Until pleasure and interest bestir themselves to take the lead and guidance of activity, nothing is so worth while as perfect rest. Unhappiness of spirit always leads toward mental disorder, physical deterioration and emaciation, while happiness invariably tends the other way.

BY DIET—By Doctor Caissarato

To be beautiful a woman should be neither too stout nor too thin.

Corpulence is disastrous not only from the standpoint of beauty, but also from that of health. Taken at the start it can easily be cured. It is not necessary to have recourse to strict dieting and cruel privations; a good hygiene and a measured nourishment are sufficient to bring the body back to its normal proportions.

Beginning with the head, fat sometimes localizes itself with exaggeration under the lower jaw, thus forming the double chin. To this is usually added that of the neck, nape, shoulders and back, and the muscles of this region become clogged, and end by masking completely the natural hollow of the back. Then the chest gets thick and heavy, and sinks on the stomach, which in turn thickens.

The fat then invades the abdomen, obstructing in a measure the regular functions of the internal organs, and engendering constipation. The heart, the liver, the kidneys and other internal organs become surcharged with fat, which provokes troubles very difficult, often impossible, to cure.

Reducing Flesh

To reduce superfluous flesh, by diet, the best means is to limit the quantity of solid food that is daily absorbed. First the patient should accustom herself to eat but six ounces of bread a day at most, preferably toasted bread or long bread. The following articles should also be gradually restricted: Pork, veal, goose, sardines in oil, butter, fat, lard, macaroni, starchy substances such as lentils, potatoes, kidney beans, peas, corn, watery fruit like melons, prunes, peaches, grapes, sauces or gravies containing starch, fried fish sprinkled with flour, sugary dishes, pastry, pies, liquors, syrups. Of drinks, only water, with a slight addition of red or white wine, should be indulged in.

But if the body has been inadvertently allowed to assume excessive fat, one must submit to very energetic treatment.

Perhaps the most successful and the least dangerous treatments against corpulence are reducing diets, and among them the milk diet seems to me the most effective. This diet should be mixed at the start, and absolute after fifteen days. During the first week one quart of milk should be taken a day, and the usual amount of food diminished by one-fourth. After the first week the daily allowance of milk should be increased to two quarts, and the amount of nourishment reduced by one-half. After the second week three to four quarts of milk a day should be the only nourishment. Proceeding in this way the patient gets easily accustomed to this diet.

During the diet take three warm baths a week, and daily cold showers or tubs, and massage with alcohol. Violent exercise and long walks should be avoided, in order to prevent an undue strain upon the system, already fatigued by the diet.

As a general rule, however, one should never submit to a reducing diet without first consulting one's physician, for in certain cases a reduction of the flesh will induce worse troubles.

Increasing Flesh

One can certainly be thin and at the same time enjoy good health, but as we have said, meagerness is incompatible with beauty.

Meagerness is not a disease in itself; it is only the result of a disease, and in most cases of defective nourishment.

To combat thinness, its cause must first be ascertained; and as the causes for this trouble are so many and so various, it is most important to consult a good physician.

The following are the general lines that should be pursued to cure excessive thinness:

First, the chloro-anemia accompanying nearly all such cases should be treated.

Second, the stomach should also be treated, the appetite promoted, the digestion facilitated, and the functioning of the bowels carefully watched.

Third, the patient should eat heartily, and especially fat substances, butter, oils, dark and white meats and fat, pork, meat jellies, milk, cheese, and all starch products without exception, cooked with plenty of butter and very little spice. The following fruits should have preference: Figs, dates, bananas, grapes and all preserved fruits. Such beverages as beer, red wine, cider, phosphate, malt and cod-liver oil will give the best results.

Fourth, the external treatment should consist of sulphur, salt and iodine baths, hydrotherapy, massage, frictions with alcohol, and physical exercises.

CARE OF THE COMPLEXION

I. FACIAL MASSAGE

II. EXTERNAL APPLICATIONS

HEALTH is the fundamental requirement of a good complexion, but in preserving and beautifying the complexion, facial massage and the use of external applications are valuable aids.

FACIAL MASSAGE—By The Small Sisters

To keep the freshness of youth in one's face, systematic massage and a pure cream are often necessary.

Massaging the face with a fine complexion cream for the purpose of nourishing and protecting the skin must not be confounded in any way with the use of cosmetics. The cream properly applied

Rotary Massage

will produce a fresh, healthy, natural complexion, while cosmetics invariably give a dry, made-up look, not at all desirable.

Any pure complexion cream may be used. In the morning the face should be literally bathed in the cream; after it has been thickly applied it should be thoroughly rubbed in with the tips of the fingers, always using the upward movement.

Never rub the face down, as this encourages the sagging of the muscles. In facial massage, always work with the muscle, and remember, in eradicating lines, work against them—that is, rub in the opposite direction.

After the cream has remained long enough on the face to be well absorbed by the pores, it should be removed, but not, however, with a cloth. Use, instead, a massage bulb. The slight suction induced by the bulb draws the cream out more effectually than if it were rubbed off with a cloth, and in this way the pores of the skin are more thoroughly cleansed. There is a special massage exercise for each defect which mars the beauty of the face.

Patting Movement

A lively patting movement with the tips of the fingers is one of the best exercises for refining the skin. The cream, of course, is first generously applied, and then rubbed in, always with the upward movement.

Rotary Massage

The rotary massage movement, done with the tips of the fingers, is most beneficial to the skin. The treatment should be given from the chin to the temples. The tips of the fingers of both hands are used, and the movement must be light and quick and around and around in circles. Of course, the face must be bathed in the cream before beginning the massaging.

Percussion Movement

The percussion movement is another exercise which it is well to alternate with the patting movement. The percussion movement is much the same as that used in body massage. It consists of vigorous-

ly striking the face with the sides of the hands. The movement should be rapid, and both hands used, one quickly following the other.

This exercise will send the blood flying through the capillaries. It will effectually arouse the circulation, and give to the cheek a pretty, healthful glow, as well as aiding in refining the skin.

Ironing the Face

"Iron the face frequently" is our advice to the women who wish to keep fresh and young looking; but of course be careful to use the right sort of iron. The French ironer made of a small piece of lava, may be used.

It has a magic way of removing the worry lines about the mouth. If used faithfully, it will iron away a double chin, and for banishing the unsightly bags under the eyes, which tell of ill health and weariness, it is unequaled.

The ironer must always be thickly covered with pure cold cream before it is used.

Double Chin

Both the hard and the flabby double chin will yield to the treatment of the French ironer. It must be drawn with force over the fulness under the chin, and as soon as the cream becomes absorbed, fresh cream must be put on the ironer.

Enlarged Pores

One of the first signs that the skin is not cared for systematically and properly is the appearance of enlarged pores. These unsightly looking blemishes announce the fact that the skin is much in need of nourishment. It is in these enlarged pores that particles of dirt lodge, and in this way the dreaded blackhead is formed.

Blackheads

There is no excuse for the woman who allows her face to be marred by these disfiguring black specks.

As soon as they put in an appearance she should remove them with a comedone extractor, which squeezes them out of the pores. Removing the blackheads is simple enough, but keeping them from appearing again means careful day-after-day attention to the skin. The pores must be kept clean and thoroughly nourished.

Frown

In treating a frown use the horizontal movement. The frown is formed of vertical lines, and of course in removing it you rub in the direction opposing these lines; and in the same way, in removing the horizontal lines in the fore-

Percussion Movement—Striking the Face Sharply With the Sides of the Hands

head, you use an oblique upward movement.

Treating the nerves at the temple is one of the most soothing and restful of all the massage movements. It is a remedy worth trying for nervous headache.

Massaging the Nose

Never use a downward movement in massaging the nose. Always rub up.

Ironing Out Lines With the French Ironer

To make a red nose white, massage vigorously along the leading nerve of the nose at each side. Use the tip of the finger, start at the bottom, and rub up the nose on either side, and then under the eyebrows. Following the nerve in this way is sure to relieve congested circulation, which is often the secret of that unpleasant redness which comes to the nose.

In treating the nose be careful never to touch it with water. Instead, bathe it night and morning with cream.

Ear

The best tonic for a colorless, withered-looking ear is a massage treatment given to the nerves above it. In caring for the ear don't dash it with a little cold water in the morning, and then rub it dry, and feel satisfied. Instead, rub it thoroughly—every part of it—with a fine cream, and then give it a gentle massage with the tips of the fingers. This will not only bring back the natural pretty pink coloring, but will give life to the ear, and improve and refine its texture.

Eye

The tissues about the eyes, the eyebrows and the eyelashes each need careful treatment if the face is to be kept young and attractive and free from wrinkles. Gently massaging the eyelids will tend to take away any discoloration of the cornea, as this treatment will relieve the congested blood vessels.

Lightly massaging, with a good cream, the edges of the eyelids is a sure way to make the eyelashes grow; and if this is done every day the lashes will be glossy, as well as long.

Eyebrows

The eyebrows need brushing quite as much as the hair if they are to have a fine penciled look. Use a small, delicate camel's-hair brush for this purpose, which should first be dipped into a clear, colorless oil.

Scalp

It is an interesting fact, but one not very well known, that the scalp and the face are in close sympathy with each other. It has often been found that a diseased or a neglected scalp has not only shown its condition by making the hair fall out, but by causing an eruption on the upper part of the face.

To remedy this, give the head a thorough, vigorous massage. This will not only prevent the hair from falling out, as it brings the needed nourishment to the blood vessels, but massaging the scalp will also be found to have a beneficial and strengthening effect upon the muscles of the face.

EXTERNAL APPLICATIONS—By Dr. Caissarato

Among the causes which exert a disastrous influence on the skin and predis-

pose it to skin disease are heredity, indigestible food, alcoholic stimulants, general ailments, the absorption of certain medicines (bromides, iodines, arsenic, mercury), the application of stale pomatum or rancid creams, powders of inferior quality, parasites of the skin, excessive heat or cold, and the excesses of violent passions, such as rage, chagrin, worries, fear or the shedding of tears.

For the Double Chin

Classification of Skins

There are as many varieties of skins as there are physical constitutions and temperaments. Still, for facility in treatment the human skin has been roughly classified in two main groups —fat skins and dry skins. The coloring of these skins is derived from a pigment which underlies the skin, and it is not always easy to modify its variations. Fat skins are generally benefited by the applications of alcohols, astringents, siccatives and acids, while dry skins call imperiously for fat foods, unctuous or gelatinous solutions, and ointments.

Use of Water

Since the study of cutaneous affections has been made a medical specialty the dermatologists find themselves in constant dispute with hygienists concerning the employment of warm water or cold water for bathing the face, so much so that it has remained an open question even for shaving.

For one thing, microbes and parasites thrive better in cold water than in warm. Furthermore, few things irritate the tender skin of women more than the acute difference between the temperature of very cold water and very warm dressing rooms. With full-blooded persons cold water turns the face red, and the cold calling for the counter effect of friction tempts tender-skinned women to use soothing soaps, which in turn dissolve the fatty substances and leave the skin exhausted and drier than ever.

Use of Soap

Second only in importance to the question of water is that of soap. Persons with fat skin should use chemically pure soaps, and these with moderation; as for women with dry skins, they should abstain from the use of soap altogether, replacing it with either fresh cream of milk or cold cream freshly prepared. Women with very fine and irritable skin may employ the following mixture, which

Removing Wrinkles on the Forehead

cleans and clarifies the skin in a very satisfactory manner:

Rose water, five hundred grams; tincture of myrrh, five grams; tincture of benzoin, five grams; essence of opopanax, five grams; essence of lemon, four grams; tincture of quillaia, q. s. for emulsion.

Dip a piece of fine linen in this mixture, and rub it over the face. To dry the face one should use very fine linen, with an upward movement; this will prevent congestion and retard the appearance of unsightly blotches.

If the skin of the face has a tendency to be rough, it can be made more soft and silky by using the following lotion, which is likewise efficacious against red spots, pimples, blackheads and other discolorations:

Rose water, four hundred and fifty grams; borate of sodium, five grams; neutral glycerine, twenty-five grams; liquid ammonia, two grams.

Use of Powder

And now the important question as to the use of rice powder (face powder). My advice is to use it to your hearts content as the best and most healthful of cosmetics, nor bother your head about the stupid anathemas of fault-finding men.

More than all other women, Americans should use rice powder to protect their skin against the perpetual changes of climate and the coal dust of cities. Only care should be taken to use powder of good and reliable make. To apply powder properly, the face should first be annointed either with cold cream or with a toilet cream of neutralizing composition, such as, for instance:

Spermaceti, thirty-five grams; white wax fifteen grams; sweet almond oil, one hundred and fifty grams; rose water triple, thirty grams; heliotropine, thirty drops.

Let the skin absorb the cream, then rub it with a fine cloth, and apply the powder with tufts of absorbent cotton, never with a powder puff, which is the seat of microbes and stale dust. Never go out without powdering or without a protecting veil.

Oiliness

Let us assume that the skin of your face appears greasy and shiny. From the pores exudes an oily liquid. To rid yourself of this very real embarrassment follow this simple procedure: Morning, noon and night wash the face with very hot water and tar soap. After washing, soak a fine linen cloth with hot water, squeeze it out, dip it in the following

Removing the Puffiness Under the Eyes

mixture, and rub your face with it:

Sodium benzoate, fifteen grams; tincture of myrrh, twenty-five grams; tincture of quillaia, fifty grams; tincture of orange, twenty-five grams; spirit lavender, fifty grams; spirit lemon, one hundred grams.

Dryness

If, on the contrary, the skin of your face is too hard and dry, use the following treatment to render it supple and velvety: Every morning have your face massaged gently for fifteen minutes with simple lanoline. After that, wash with warm water, and after drying, rub the face a little with pomatum of the following composition:

Salol, one gram; spermaceti, fifteen grams; glycerine, twenty grams; lanoline, sixty grams; essence of roses, ten drops.

In the evening rub the face anew with warm water, adding to it the following mixture:

Lanoline, twenty grams; borax, two grams; rose water, two hundred grams.

Bathing

The skin not only serves as a covering for our muscles, but it also assists in a great measure the general mechanism of the body. By means of its glands and its pores the skin retains the elements necessary to the nourishment of the tissues, and throws out all that might be hurtful to them. This double function makes of the skin an apparatus which is the complement of the stomach, the lungs and the loins. In order that it may be able to fill this rôle effectively, it should be kept in a perfect state of cleanliness and health. All irritation and overheating of the skin should be avoided by paying strict attention to the regular functioning of the stomach and of the bowels, and by renouncing all heating and spicy food and drinks.

Warm soap baths and daily cold tubs will remove all dirt and impurities forced to the surface of the skin by the internal action of the body. To detach oily secretions which cover certain skins, baths are sometimes not sufficient, and a "rub-down" with alcohol, massage, and even vapor baths, must also be resorted to.

Cosmetic baths and soothing preparations will keep the skin supple and white, while tonic baths and massage will increase the elasticity and vigor of the tissues.

Unless specially prescribed by her physician, a woman desirous of keeping her flesh firm should avoid daily warm baths. Three of these baths a week are enough to insure cleanliness. Cold tubs or showers can replace advantageously the daily warm bath, especially if they are followed by rubbing with a rough glove and some alcoholic preparation. Camphorated alcohol is excellent for these frictions, for in addition to its antiseptic properties it has the faculty of whitening and cleansing the epidermis.

Tonic Baths

Persons affected with depression and anemia will find tonic baths stimulating. Herewith are given two preparations, either of which added to the bath to be taken will give great satisfaction:

Vinegar, two hundred grams; tincture of benzoin, two hundred grams; tincture of red roses, two hundred grams.

Sulphate of potassium, five grams; carbonate of soda, one hundred grams; gelatine, forty grams.

Cooling Baths

As cooling baths I recommend starch, linden leaf and bran baths.

Cosmetic Baths

Among cosmetic baths the rose water bath is one of the best. It is prepared by first diluting one hundred grams of rose water and sixty grams of glycerine in three quarts of warm water, which are then added to the bath.

Creating a Healthy Circulation

Cleanliness is genuine refreshment. Plentiful exercise, water-drinking, scrubbing and the tonic of cold shock constitute a good foundation for recuperation, mental and spiritual as well as physical. Clean clothes, too, are tonic in their influence—not only oft-changed underclothing, but outer clothes and linings as well. The wearing of washable clothing is most sanitary and salutary.

CARE OF THE HAIR

BY DR. CAISSARATO

THE hair is not only a beautiful ornament, but it is also a sign of strength and health. It is a natural covering which protects the skull from shocks, an insulator against the heat of the sun, against dampness and colds.

More than the face and the body the hair unfortunately suffers from the ravages of time; it tires out and dies. To this physical weakness is added the exhaustion resulting from the different dressings which hideous Fashion imposes, to the detriment of its vitality, such as the use of curling irons, curling pins, glossing and waving the hair, discolorings, hair dyes, heavy head dress, stifling hats, and

Comb a Strand at a Time

the immoderate use of lotions, pomatums, etc. There are, however, rules of hygiene for the care of the hair—rules that every woman ought to know, that she may be able to apply them to herself, and thus preserve her hair as long as possible.

In order to give to the hair the hygienic care which it demands it is necessary to know:

First, that the scalp dislikes dampness, which soaks it, and is hurtful to its vitality;

Second, that the scalp requires constant airing, to assist the evaporation of perspiration and other secretions of the skin, which have as injurious an effect upon it as dampness;

Third, that both the scalp and the hair dislike violent twisting and pulling, which put their strength and solidity to a hard test.

These three fundamental principles being known, they should be remembered and applied in the best way, and as frequently as possible.

Washing

The cleanliness of the head is an essential condition for the normal functioning of the scalp; but as dampness is hurtful, wash your hair only once a month if it is naturally dry, and twice if it is oily by nature.

To wash it always use warm water, to which add one spoonful of liquid ammonia, and use either pure white soap or a little of the following liquid soap: White soap, sixty-five grams; alcohol (sixty per cent), seventy-five grams; eau de cologne, one hundred grams.

Tar soap, so much in use in the United States, is also good when it is fresh and little charged with tar. After soaping, rinse the hair well, always with warm water, to which you may add either one teaspoonful of listerine (to one thousand cubic centimeters of water) or a very light decoction of soap wood.

Be careful to rinse the hair thoroughly, so that no soap remains upon it.

Dry your hair first with warm towels, then by letting it hang down your back and placing yourself in proximity to a steam radiator or hearth.

The hair when washed loses for some days its suppleness, and is more apt to break. In order to remedy this, and give it back its luster, you only require to anoint it slightly, at night before retiring, with some of the following brilliantine: Petrovaseline, twenty-five grams; eau de

Cologne, twenty-five grams; nitrate of pilocarpine, one gram.

Some people who have dry hair contract the habit of wetting it every day, either with water or with an alcoholic lotion, in order to dress it better and give it a harmonious direction. I cannot sufficiently condemn this habit, which is hurtful from all standpoints. Not only does it produce neuralgia, but it rots the hair, predisposes it to fall out, and induces baldness. In lieu of water and alcohol I advise the use of the brilliantine for which I have just given the recipe, and which will maintain the hair in a normal coolness and softness.

If for some reason—outside, however, of a disease of the scalp—your hair is growing weak, in order to strengthen it and make it return to its original state you will only have to rub it lightly twice a day with some of the following lotion: Tincture of cinchona, thirty grams; old rum, one hundred and twenty grams; acetate of ammonia, twenty grams.

Unless when suffering from a pernicious fever or from some serious disease of the scalp it is not at all necessary to cut the hair. One may, every three months, singe the ends from one half inch to one inch only, but no more.

I said before that the scalp needed air —plenty of air. This constant airing must be given either by letting your hair hang down your back as long as possible or by brushing and combing it.

Combing

In the morning and at night the hair must be combed, each lock separately, beginning at the ends and gradually going up to the top; in this way the hairs are less liable to break, and the knots can be disentangled as you proceed. The combing of the hair must be done with a large comb with widely separated teeth, and not with a fine comb. Always use a shell comb, and beware of bone and celluloid combs, which burn and cut the hair.

Brushing

In the morning and at night, after being combed, the hair must be brushed with a rather hard brush, the bristles of which can penetrate the hair without bending.

Abstain from using metal brushes, as they irritate the scalp and tear the hair.

Brush the hair always each lock separately, but from top to bottom, and make the brushing last until it becomes brilliant.

To sleep, divide your hair into small plaits, and braid, and let it hang down your back.

Dressing

Avoid a too uniform style of head dress, too strained and too tight, which prevents the air from penetrating to the scalp, as this often provokes falling out of the hair.

The Way to Brush It

Avoid heavy head dresses, the making up of which necessitates a great quantity of hair pins and combs, as well as those coiffures which imprison the hair by tightening it.

Discard any style of head dress which requires pulling and violent twisting of the hair; and if you are used to parting your hair, change the place of this parting as often as possible, so as to avoid laying it bare.

Give your preference to puffed head dresses, and avoid as much as possible false hair and heavy hats.

The objects which serve for the toilet of the hair must be kept in a perfect state

of cleanliness; combs, large and fine, brushes, and hair pins, large and small, should be wiped every day with a clean, dry cloth, and steeped once a week in a solution of ammonia.

Waving the hair, curling it with hot irons, curling pins and curl papers are all extremely hurtful to its vitality, and by modifying its normal condition, cause it to fall out. Chiefly avoid curling irons, for in whatever way they are heated they always injure the roots of the hair. This is all that the simple hygienic care of the hair demands, and this is sufficient to keep it clean and prevent it from falling out.

Dandruff

Dandruff is the general cause of the falling out of the hair; therefore you must try to combat this disagreeable disease on its first appearance, or in time it will damage the most luxuriant head of hair.

For dandruff there are several good treatments, of which three of the best are here given:

First Treatment — Every morning, during four or five days, soak a wad of absorbent cotton in the following preparation, and wet the scalp with it, moistening the hair as little as possible, and let dry: Van Swieten solution of hydrarg bichlor, one hundred grams; rose water, fifty grams; chloral hydrate, six grams.

Second Treatment—In the morning and at night, until the complete disappearance of the dandruff, rub the scalp with a tooth brush dipped in the following composition: Distilled water of melilot, one hundred grams; eau de cologne, twenty grams; carbonate of soda, ten grams; saponine, two grams.

Third Treatment—Dissolve a lump of carbonate of soda the size of a nut in five hundred cubic centimeters of water, and every morning wash your head with a small sponge steeped in this solution. After washing, dry the hair with a warm towel, and then rub the scalp with a handful of the following mixture: Tincture of quillaia saponaria; tincture of jaborandi, thirty grams; essence of neroli, ten drops.

Oily and Dry Hair

If your hair is too oily, wash it every morning with tar soap. After this, dry it thoroughly, and then rub with a small sponge saturated with the following mixture: Distilled water, two hundred and twenty-five grams; chlorate of potash, seven and one half grams; liquid ammonia, three grams.

If, on the other hand, your hair is too dry, brittle, and your scalp scaly, you must first wash your head with a decoction of soapwood, and then apply some of the following pomatum: Vaseline, forty grams; lanoline, twenty grams; birch oil, four grams; borax, two grams; essence of santal, twenty drops.

Continue to use this until the scalp regains its normal aspect and any scales disappear.

To conclude there is the following recipe to stop the hair falling out and to stimulate its growth: Tincture of cantharides, ten grams; tincture of rosemary, twenty grams; tincture of jaborandi, twenty grams; spirits of fioravanti, fifty grams; spirits of camphor, fifty grams; rum, one hundred grams.

A Loose Braid at Night

In the morning and at night rub your scalp thoroughly with a tooth brush dipped in this solution.

CARE OF ARMS, HANDS AND FEET

BY DR. CAISSARATO

THE length of the arm is normal when the elbow just reaches the waist and when the forearm is about as long as the upper arm. It is not possible to lengthen or shorten the arm, especially with adults, but it is very easy to modify the volume of flesh that covers it, and to make it into a well-proportioned arm.

By massage and local applications the volume of an arm may be reduced; and by massage and physical exercises, the undeveloped muscles may be enlarged.

The skin of some arms is often red and covered with a quantity of subcutaneous pimples as fine as sand and disseminated along the back of the arm. These slight blemishes can usually be removed by brushing the arms with a medium-hard brush dipped in warm soap water, and then rubbing them with glycerine of thirty-degree strength.

Massage for Rounding Out the Elbow

The Hands

A beautiful hand should be long, delicate and narrow. The skin covering it should be very fair or of a uniform pale color, with a slightly plump back, devoid of protuberant veins. The thumb should reach the middle articulation of the index finger, the latter just a little lower than the nail of the middle finger. The middle finger should be longer than the ring finger by half the length of a nail, and the little finger should stop at the second articulation of the ring finger.

In order to keep the hands soft and delicate sudden transitions from cold to heat should be avoided. The hands should be washed only in tepid water, with a pure soap, not oftener than three times a day. After washing with soap, rinse the hands thoroughly, always in tepid water to which has been added a teaspoonful of perfumed glycerine.

The following paste, which gives admirable results, is suggested as a substitute for soap:

Indian chestnut powder, five hundred grams; powdered castile soap, three hundred and fifty grams; carbonate of potassium, fifty grams; powdered sugar, twenty grams; essence of lemon, two grams; essence of verbena, ten grams.

If the skin of the hands is rough, bathing in either bran water or marshmallow water will soften it and make it supple. Do not use fat substances to attain this same result, for although they are temporarily effective, they end by reddening the skin.

Any woman desirous of keeping the beauty of her hands unimpaired should never go out without gloves.

Women whose hands are excessively red should anoint them both morning and night, after the ordinary toilet, with some of the following excellent pomade:

Lanoline, one hundred grams; paraffin oil, twenty-five grams; vaniline, ten centigrams; essence of roses, two drops.

Moisture of Hands

Those whose hands are in a constant state of moistness will find great relief by rubbing them three times a day with some of the following mixture:

Borate of sodium, seven grams fifty centigrams; salicylic acid, seven grams fifty centigrams; boracic acid, two grams; alcohol, thirty grams; glycerine, thirty grams.

Chapped Hands

For chapped hands, bathe and soap them in tepid water, and then use the following lotion:

Alcohol of ninety degrees, eighty grams; pure glycerine, thirty-five grams; rose water, thirty grams; salol, two grams; tincture of musk, two drops.

Finger Nails

The nails contribute a great deal to the beauty of the hands, but they demand much care. They should not be cut, but they should be filed every two days. To make them bright, transparent and rosy you should wash the fingers every day in warm water to which has been added a few drops of rose water. When the nails are clean they should be rubbed with a small chamois skin sprinkled with the following powder:

Refined talcum powder, five grams; powdered boracic acid, five grams; powdered corn starch, five grams; tincture of carmine, five drops.

If the nails are friable and brittle, cover them at night with a coat of the following pomade:

Alkanna-root oil, fifteen grams; white salt, two grams; resin powder, two grams sixty centigrams; alum powder, two grams sixty centigrams; white wax, five grams.

The membrane surrounding the nail should be pushed back every day with a bone nail file, and if necessary it may be cut slightly with a pair of fine scissors.

The Feet

The feet demand great cleanliness, and the hygienic care recommended for the hands should be given also to the feet.

Avoid as much as possible shoes that are too large, too narrow or too pointed. They deform the feet, cause corns, and harden the flesh. If you wish to avoid eye and abdominal troubles, do not wear shoes with very high heels.

Against the unpleasant perspiration of the feet there are many treatments. Here is a very practical and simple one:

After bathing the feet, rub them with a piece of green soap, covering the skin with a uniform coat. In the beginning rub them every day, then every two days, and so on, increasing the time between the applications, until they are cured.

Chilblains

For chilblains on the feet the following is an excellent treatment:

As soon as the chilblains make their appearance, dip the affected parts two or three times a day in spirit of Van Swieten.

Corns

To get rid of corns paint them over with some of the following mixture:

Salicylic acid, one gram; extract of cannabis indica, fifty centigrams; alcohol, two grams fifty centigrams; ether of sixty two degrees, five grams; flexible collodion, five grams.

At the end of a week the corn falls off of its own accord in a warm bath.

To people with tender and sensitive feet I recommend daily rubbing with spirit of camphor or cologne water, to strengthen them. White or light colored stockings should be worn.

CARE OF THE TEETH

BY DR. JANE LESLIE KIFT

HE permanent teeth begin to erupt between the ages of six and seven years and the first of the "second set" to appear are the first molars. They may be looked for directly back of the temporary teeth, and should be carefully watched, for they are often mistaken for first teeth, and thus, through ignorance, allowed to decay. After these teeth are in place, the temporary teeth begin to loosen and fall out, being replaced by the permanent ones. The last permanent teeth to put in an appearance are the third molars, known as wisdom teeth. They usually come between the ages of eighteen and twenty-five years, and complete the permanent set of thirty-two teeth.

In a mouth where perfect cleanliness prevails we find little or no decay, and a healthy digestion usually attends on a healthy mouth. People desirous of having strong, healthy teeth should remember that it is imperative to clean them twice a day. This not only prevents decay, but it removes the accumulation of tartar, which, if permitted to remain, will cause the gums to recede and the teeth to loosen. The teeth should be cleaned every morning, to remove any secretions which should have accumulated during the night, and every night, to remove any particles of food that may have lodged between the teeth or around the gums during the day.

Brushing

In brushing the teeth, a brush long and narrow should be used, for it can then reach the extreme edge of the last molar. The bristles should not be too stiff, for a brush that has too harsh bristles is apt to irritate the gums; but, on the other hand, a brush with very soft bristles is of little use as a cleansing medium, so great care should be taken in its selection. In brushing, brush up and down, not across, the teeth, for by the up-and-down movement you brush with, not against, the formation of the teeth, and also get more thoroughly into the spaces between the teeth.

In cleaning the teeth after each meal, silk floss (a spool of dental floss may be purchased at any drug store for a few cents) should be carefully drawn between each tooth, and this, with the aid of a quill toothpick, will remove all foreign substances. After using the floss and toothpick the mouth should be thoroughly rinsed. Once a day brush the teeth with dental powder, which polishes the enamel and removes any particles which during the process of mastication become imbedded in the small crevices and grooves on the surface of the teeth.

Preserving the Enamel

The enamel covering the crowns of the teeth should be carefully watched, for although in normal teeth exceedingly hard, the enamel when once destroyed cannot be repaired by Nature. It can be, and is, replaced by some poor substitute of man's device; but while gold and silver fillings are valuable in saving teeth, still, once an artificial enamel is used, the beauty of a perfect set of teeth is marred.

Much depends on a healthy mouth. There is no more important factor in the digestion of food, for if the teeth are not in good condition the food cannot be properly masticated. It is then swallowed in too large portions, and in portions not sufficiently mixed with saliva, making much extra work for the stomach, which rebels, leaving us the victims of the pangs of indigestion.

Could the value of good teeth only be more fully appreciated, they would receive a much greater share of attention, for without good teeth it is impossible to have good health.

First Teeth

Few mothers realize the great importance of the care of baby's first teeth, and would probably show much surprise if told that not only the health of the second teeth, but also the shape of the mouth and the quality of the voice, are determined by the degree of preservation of the temporary teeth. These little teeth, if allowed to decay, are apt to be lost before the jaw has become sufficiently

large to accommodate the second, or permanent, teeth, which come in prematurely, and as a result are often overcrowded and irregular.

Cleanliness

Perfect cleanliness is the only means by which these first teeth may be preserved until the roots become absorbed and the teeth fall out of their own accord. Baby's first toothbrush should consist of a piece of soft linen wrapped around mother's or nurse's finger. The linen should be soaked in warm water in which a little bicarbonate of soda has been dissolved, and should be passed over and around the little teeth. This often proves very grateful to a child whose gums have become inflamed.

Powder

Not until three or more teeth have put in an appearance should the use of a toothbrush commence, and then it should be one with the softest and finest of bristles. With it tooth powder may be used —the simpler the preparation, the better. Plain precipitated chalk, to which has been added a few drops of gaultheria (oil of wintergreen), makes an excellent dentifrice, and one which is quite harmless in its effects on the teeth. Unfortunately, as much cannot be said of many of the prepared tooth powders and washes now upon the market. Some of these are very harmful, containing a gritty substance, which destroys the enamel. Therefore, too much care cannot be exercised in choosing a tooth powder, as a wrong step in this direction may lay the foundation for much future trouble.

General Care

A child's first tooth appears about the sixth or seventh month, and by the twenty-fourth month should have its full complement of temporary teeth—twenty. These teeth should be carefully watched, and the minutest cavity promptly attended to by a competent dentist. It is a long-cherished fallacy that the best remedy for a child's aching tooth is immediate extraction, particularly if the tooth be one of the first ones, for "they don't count." Let me seize this opportunity to impress upon mothers the error of this idea, for temporary teeth count for far more than is generally realized. Upon their health depends the health of the permanent set, and the consequent comfort or suffering of the adult. Extraction should be a very last resort, and permitted only when any hope of saving the tooth is gone. Any reliable dentist is now extremely loath to remove a tooth until he has used every means in his power to preserve it.

BOOK III.

Social Forms and Customs

Introductions—Acknowledging an Introduction, Rising, Shaking Hands, Introductions in a Public Place, Letters of Introduction. **Calls**—Time, Duration, First Calls, After an Entertainment, Answering Calls, Accompanied by Another, Day at Home, Business Calls. **Cards**—Matron's Card, Lettering, Professional Cards, Gentleman's Card, Other Uses of Cards. **Invitations and Acceptances. Salutations. The Débutante. Engagements**—Ring, Announcing an Engagement, Informal Announcement, Preparations for Wedding, Informal Shower. **Weddings**—Invitations, Admission to Church, Wedding Reception, Second Marriage, Acknowledgments, Gifts, Trousseau, Bridesmaids, Groom, Best Man, Church Decorations, Music, Ceremony, Congratulations, Breakfast Reception, Wedding Cake, Expenses, Present to Bride, Announcement, Response, Wedding Anniversaries. **Dinners**—Formal Invitation, Special Guests, Ceremonious Dinner, Informal Dinner, Acknowledging Invitation, Formal Response, Informal Response, "Last Moment" Invitation, Dress, Dressing Rooms, Entering Drawing Room, Entering Dining Room, Name Cards, Table, Service, Menu, Accidents. **Table Etiquette**—Position at Table, Napkin, Use of Silver, Drinking, How Different Foods Should be Eaten. **Visiting**—Invitation, Guest Room, Entertainment, "Bread and Butter" Note, House Party. **Christening. Mourning. Funerals**—Church Service, House Funeral, Calls of Condolence, Letters. **Servants. Letter Writing**—Simple Rules, Paper, Ink, Formal Letter, Closing a Letter, Signature, Business Letter, Informal Correspondence, Addressing an Envelope, Titles, General Letter Writing.

BOOK III.

SOCIAL FORMS AND CUSTOMS

ANNERS are the happy ways of doing things," and to do things happily requires not only good-will, but tact and experience.

Good manners are the expression of good breeding, inspired by kindliness, appreciation of the rights and likes of others, thoughtfulness for all, and a sense of the fitness of an action in any place.

The means of displaying these qualities may be best considered, therefore, from the standpoint of thoughtfulness and common sense.

Good form is distinguished from good manners in that it comes from a closer observance of the social code which at the moment is approved by fashion.

In all our relations with others—strangers, acquaintances or friends—we wish to be polite, gracious, kind, or even affectionate. Usually impulse or conscience is a fairly safe guide. But there are times when our own instincts may be at a loss, and it is then that a thorough knowledge of the rules of etiquette are most useful. These rules should not be regarded in the light of a rigid law, but merely as a pleasant and convenient medium of exchange in our social life.

To act simply and naturally is of more importance than to strive for correct details.

It is better to shake hands at the wrong time (according to the rules)—if it is done heartily and honestly—than to pause and stare, in doubt as to what to do.

It is better to be an interesting guest at a dinner party, though the unconscious disregard of formality causes one to use the wrong fork, than to sit in dumb fear of making a mistake.

To be equal to the occasion, and sufficient at all times, of course makes it easier for every one. Rules of behavior were established for the refinement and betterment of society; only the boorish and provincial would flagrantly disregard or transgress those rules that are helpful and acceptable.

INTRODUCTIONS

Forms of introduction vary with circumstances. In introducing two women, or two men, to each other, where ages and position are not to be considered, it is sufficient to say, "Mrs. A, this is Mrs. B; Mrs. B, Mrs. A;" or "Mrs. A, Mr. B."

Where one woman is older or more distinguished than another, her name is mentioned first, and this holds good as between men.

A man is always presented to a lady, thus: "Mrs. A, may I present Mr. B?"

Pronounce both names distinctly. A friendly sentence which may serve as a starting point for conversation may be added.

Such an expression as "Miss Blank, this is Mr. Allen, who has long desired to meet you," will prove a real kindness to a shy or awkward person.

In introducing one person to a group of guests, the hostess may simply say to the new-comer, "Mrs. Martin, let me present Miss Blank, Doctor Melville and Mr. Winslow."

Or the name of the stranger, if a young woman or a man, may be mentioned first, and the name of each of the guests afterward.

Acknowledging an Introduction

In acknowledging an introduction, it is usually sufficient for a woman to bow pleasantly and say, "How do you do?"

However, a more cordial feeling may be expressed in the words "I am very glad to know you, Miss Blank."

Rising

Ordinarily it is not essential that a lady should rise when a gentleman is presented to her, but as hostess she must rise in accepting an introduction to either a woman or a man; and she always pays like respect in greeting an elderly woman.

A gentleman always rises on being presented to a lady. In fact, he should always stand in speaking to her, unless she is seated. For a man to remain seated when the woman to whom he is talking is standing is almost an unforgivable discourtesy, whether it is in a train or in a drawing room.

Shaking Hands

It is not customary for a lady to shake hands when receiving an introduction. But if a hand is proffered in friendly greeting, it should not be refused. It cannot be too often insisted upon that etiquette exists only to make human intercourse more pleasant, and there is not one of its rules which it is not better to break than to wound the feelings of a well-meaning though unsophisticated person.

Men always shake hands when meeting for the first time.

A lady does not show any unusual pleasure when a gentleman is presented to her, unless the circumstances of the case seem to require it.

From the gentleman, however, an appreciative expression, such as "I am very happy to meet you, Miss Morton," is due.

The offer of a handshake should come from the elder, rather than the younger, person, from the more distinguished or famous, rather than the less.

A hostess should shake hands with every guest received in her house, no matter what the occasion or degree of acquaintance. It is, however, not necessary that she should shake hands with a stranger who calls upon her without invitation or for other than social reasons. She should also shake hands with her more intimate friends wherever she may meet them. It may be worth while to mention here that kisses and other effusive emotional displays are not in good taste in any public place.

If by any chance a man should find it necessary to shake the ungloved hand of a woman, his own hand being gloved, he should apologize for the apparent slight.

Introductions in a Public Place

Introductions in a street, shop, theater or other public place should not be made if the meeting is very casual, and likely to be brief. A third person introduced should be careful not to intrude upon the conversation of two friends, although consideration for the third person should make the conversation as brief as possible. Subsequent recognition of the introduction may be left entirely to the dictates of personal inclination.

Letters of Introduction

Usually a letter of introduction is very brief, but it may be made as full as the exigencies of the case seem to demand.

Where such a letter is solicited, it is always permissable to refuse it, though nowhere are tact and courtesy more needed than in making such refusal. On the other hand, it is the very height of discourtesy to refuse to honor such a letter. It is one of the most supreme demands of friendship, and as such it must be obeyed.

The general form of a letter of introduction is:

"Dear Josephine:—

This is to introduce my friend, Miss Miller, who will be at The Stratford for a few days.

"Any kindness that you may show her will be warmly appreciated."

The envelope used in conveying a letter of introduction should bear the name and address of the person to whom it is sent, and in the lower left-hand corner the phrase, for example, "Introducing Miss Flora Miller."

In social matters it is customary for a woman so introduced to mail the letter to its destination, with a card bearing her name and address. A man sometimes prefers to present the letter in person. In such case his card must accompany it.

A visiting card may be used to serve the purpose of a letter of introduction, but it carries with it no particular obligation.

The recipient of a letter of introduction must respond to it within a day or so after its receipt.

Where the bearer is a lady, an early call upon her is the usual and most fitting acknowledgment.

After a certain time has elapsed, the person bearing the letter should write a note of appreciation to the friend making the presentation.

CALLS

The time for paying formal calls in the city is in the afternoon, from three o'clock to half-past five. In country places calls may be made in the morning, evening or on Sunday afternoon.

Evening and Sunday afternoon calls are also paid by men in the city, on account of the convenience of time. The hour for such calls is from eight to half-past nine in the evening, or even earlier; afternoon calls at three.

Duration

Their duration should be regulated by the length and intimacy of acquaintance. The most important thing to remember is that it is much easier to make a call too long than too short.

The length of a formal call is not less than fifteen minutes, nor more than a half-hour.

First Calls

First calls should be paid to brides, new-comers in a town or neighborhood, persons of acknowledged celebrity or social importance, elderly persons or clergymen. Among summer residents those arriving earliest should pay the first call. Only a bereavement or illness should delay this obligation.

In the matter of calls, as in other things, it is the place of the elder or married woman to take the initiative. On slight acquaintance, if it inspires a liking for the other person, she may feel free to invite the latter to call upon her, designating her day at home or any suitable time.

After an Entertainment

A call must be made within a fortnight after every entertainment at which one has not already left a card—that is, one must call after a dinner, luncheon, ball, wedding breakfast, evening reception or musical, but not after a tea or informal At Home. The fact of the invitations not having been accepted does not release one from the obligation.

Answering Calls

All calls, except those of sympathy and congratulation, should be answered by a call. The latter are usually acknowledged by sending a card.

Accompanied by Another

Where a lady happens to be accompanied by a relative or friend, and desires to call on another, the presence of the third person need not deter her from doing so. They may go together. In this case the call of the friend is not considered a formal one, but a chance introduction made as a matter of convenience.

Day at Home

Where a lady has many social obligations, she usually finds it convenient to set aside one afternoon once a week or fortnight, from the first of November to Lent or June, for the reception of her

friends. The hour is from three o'clock to six or seven in the evening.

On any other day the servant may say that his mistress is not at home, but on her "afternoon" she must be prepared at three o'clock to receive her guests, and nothing but illness or important business may prevent her from seeing them at that time.

In departing, a caller must bid adieu to the lady who is receiving. She may pause a moment to speak a personal word, but it is not in good taste to claim the attention of the hostess for any length of time.

The veil, gloves or wrap are not removed while calling. Such articles as rubbers and storm coats, however, if the weather makes it necessary to wear them, must be left in the hallway.

Ladies do not remove their gloves when taking tea.

A man would leave his overcoat and umbrella, and usually his hat and cane, in the hallway, but in making a first formal call he sometimes prefers to retain his hat in the left hand.

A gentleman accompanied by a lady should await her pleasure in departing. When she is ready to go, he must at once excuse himself, if he is at the moment engaged, bidding adieu to the hostess after his companion has done so.

Business Calls

A woman is permitted to call upon a man only in the performance of a business duty. The proper time and place are during office hours at his office.

Under no circumstances should she acquaint him with her presence by sending in her visiting card. Her name only, by such means as are at hand, is given.

For the sake of propriety, as well as not to impose upon a busy man's time, she should make her visit as brief as is consistent with the proper transaction of business.

A man may go into the general office or corridor to receive a woman caller with whom he has had no previous acquaintance. He need not ask her to sit down, which would indicate that his time was precious and that the conversation should be brief.

If, however, she is admitted to his private office, he must rise to receive her, offer her a chair, and show her such courtesy as he would if they met in a private house.

CARDS

The style, size and shape of the visiting card, which is always engraved, are regulated by fashion.

The name should appear upon the card in Block, Script or Old English lettering. The home address occupies the lower right-hand corner, and where a lady has a reception day, that should occupy the left-hand corner.

Matron's Card

The card of a matron is larger than that of a girl and should read, "Mrs. John Henry Smith."

Girl's Card

During the first season of the latter in society she does not usually pay visits alone, and her name is therefore engraved beneath that of her mother on a large card.

"Miss" should always appear on the card of an unmarried woman. The oldest daughter uses merely the family surname with the prefix "Miss," as "Miss Wilson." On cards of younger daughters the Christian names are used.

Lettering

All the lettering on a card or on the cards of one family should be of the same style.

Professional Cards

Where a woman has a professional title she should have two cards—one for use in her profession, and the other for social uses.

Gentleman's Card

A gentleman's card is very much smaller than that of a lady. Where he has no title it should bear the prefix "Mr." It should also contain on the lower right-hand corner his home address, and if he belongs to a club, that address may appear in the lower left-hand corner. His full name should be used on both his visiting and business cards, but on the latter the prefix "Mr." is omitted.

If for any social purpose it is necessary for a man to use a written card, he should imitate the engraved form by prefixing "Mr." to his name.

Mourning Cards

The mourning border on a card may be of various depths. There is no particular rule in regard to it.

Leaving Cards

A card is never carried into a drawing room, but is placed on a tray in the hallway.

When one is met at the outer door by the mistress of the house, cards are left on the departure of the visitor.

In making a season's first call, a married woman leaves two of her own and two of her husband's cards, for a married couple; for any additional members of the latter's family, or a visiting guest, she should leave a card each.

This need not be repeated in later calls, as the various members of each family usually perform their own social duties.

It is permissable for a woman, who, by reason of age or health, may not feel equal to making a call, to leave cards at the door in lieu of a visit.

Other Uses of Cards

A lady uses her visiting cards in making known to her friends her return after an absence.

Cards are sent in the transmission of flowers, and other gifts, but receipt of such articles must be acknowledged by a note.

Cards left at the door on the occasion of illness may bear the words "To Enquire," or on the arrival of a little stranger, "Congratulations."

INVITATIONS AND ACCEPTANCES

Invitations are formal or informal. If formal, they may be either engraved or written. An informal invitation implies that the entertainment to which the guest is bidden is to be of the most informal sort. Nothing is ruder than by word of mouth to ask an acquaintance to one's house upon an occasion to which others have been more formally invited, except it be in an emergency, to take the place of a guest unexpectedly prevented from attending, and such an emergency must be frankly explained.

It is also as bad form to send a simple request "to dine with us informally," and straightway introduce one's guest to an elaborate entertainment, as to issue formal invitations to what proves to be merely a gathering of "a few friends."

Answering Invitations

Invitations should be answered in the degree of formality in which they are sent—that is, an invitation written in the third person should be answered in the third person, and an informal one should be answered in the same fashion.

An invitation to a dinner or theater party should never be answered conditionally. Such an answer is no answer at all.

SALUTATIONS

A man always waits to be saluted by a lady when meeting her in a public place, a young person for the salutation of an older one. Friendships, however, should

not be handicapped by too much formality.

A man should never bow to a woman, no matter what her position or circumstances, without raising his hat. The same courtesy is often shown a clergyman, even though he is personally unknown. When accompanied by a lady a man should salute every one whom she chooses to greet, whether or not her acquaintance be personally known to him.

When riding or driving, a man may, instead of raising his hat, when acknowledging an acquaintance, merely touch it with his whip hand. Nevertheless, a clever whip will prefer, whenever possible, to raise his hat.

THE DÉBUTANTE

The very prettiest of social functions is the coming out of a débutante. Invitations more or less formal summon the friends of a household to offer their congratulations when a daughter in the fair dawn of girlhood is presented by her mother to society.

Hitherto the young girl has been withdrawn in the seclusion of home and school from participation in the gaities of her mother's world. She may indeed have been at times a little hovering figure on the edge of teas and receptions, and as a child she has, of course, been known by acquaintances of her parents, but her recreations and amusements up to the hour of her technical introduction to the activities of life have been kept in a sheltered background, assuming, of course, that the girl has been well and thoroughly educated, that she has had opportunities for acquiring graceful accomplishments, and that probably she has been graduated from the college of her choice.

However this may be, in her early twenties our girl is as bewitching and enchanting in her youthful charm as ever was princess in any palace under the sun. The occasion of her entrance on the social arena may be her birthday or simply a day convenient to her mother, and the time set is probably the afternoon, between four and seven. Flowers, music, interchange of compliments and courtesy, dainty refreshments and the pleasant bustle of a crowd surging to and fro are the accompaniments of this milestone in girlish life. A milestone it is, marking the separation, definite and positive, of the child in the background from the young woman in the center of the stage. The mother recognizes this, and as she proudly receives her friends and presents her daughter she experiences not so much a feeling of retrogression as of renewal. She will begin again, with her daughter under her wing, a round of visits, entertainments and triumphs that were her portion when she was a girl.

In society of the refined and fastidious order, whether it be in one section or another, in rural community or metropolis, the daughter must be properly chaperoned, and good custom exacts that she for a while at least shall remain under the protecting shadow of her mother. At the junior promenade, at a dance, a dinner or in a theater party the girl radiant in her bloom, daintily dressed, attractive and at ease in manner, and by no means awkward or shy, is still the satellite and not the planet. That is an extremely crude and primitive state of society in which daughters take the lead and mothers occupy back seats.

ENGAGEMENTS

Shortly after a proposal of marriage has been made and accepted, the man should ask the consent of the father of his fiancée. This request should be made in person. It is probable that the bride-to-be will have already announced the betrothal to the members of her own home circle, but the formal sanction of her parents should be obtained as soon as possible.

Ring

The single diamond remains the favor-

ite stone for the betrothal ring. If any other is preferred, or if it is necessary to consider economy, a birth stone may be chosen, or an original or personal design. The ring should be worn on the third finger of the left hand. In the unfortunate case of the breaking of the engagement, the ring, together with all other presents which may have been made by either of the betrothed couple, should be returned.

Announcing an Engagement

At present the betrothal in many cases is not announced publicly until within five or six weeks of the wedding. As soon, however, as the announcement has been made, the bride's intimate friends should hasten to call upon her, or if this is not convenient, to write, and express their wishes for her future happiness. The announcement should be made by the girl's family.

An informal note from an engaged girl to a friend would run somewhat as follows:

"My Dear Lydia:—

"Will you be surprised to learn that I have promised to marry John Stanton, or have you already guessed it? In either case, wish me joy, though you may think it superfluous to such a happy girl as I.

"The wedding day is not set, but whenever it is, I shall claim the fulfilment of your school-girl promise to be maid of honor.

"You must not let marriage interfere with our friendship; you will gain a new friend in John, and not lose an old one in

"Your loving

"Nell."

The reply:

"My Dear Nell:—

"No, I was not surprised to receive the announcement of your engagement. I had already decided that it was to be. Nothing could give me greater pleasure than to comply with your request. Be sure that you have my sincerest wishes that your married life may be most happy.

"Faithfully yours,

"Lydia."

Preparations for Wedding

The mother of the prospective groom should be particularly eager to call upon the family of her son's betrothed as soon as the engagement is made, and it goes without saying that this call must be very promptly returned by the future bride and her mother. If the man's family live in another city, it is only proper that the bride-to-be should receive a cordial invitation for a visit of a week or more.

While it is no longer the custom for an engaged pair to be wholly absorbed in each other's society, in the weeks or months preceding the wedding it is more decorous that the girl should not receive marked attention from other men, nor should the man cultivate the society of women other than his fiancée.

While an unmarried girl is in America rightly accorded much freedom, an engagement should be regarded as a preparation for the undivided devotion of marriage, and a little discretion and reserve during the time of betrothal may prevent many misunderstandings, quarrels, and perhaps even a broken engagement.

If a widow enters into a second betrothal, she observes, if possible, the same rules as to announcements, etc., as govern the engagement of a young girl. She may or may not continue to wear the engagement and wedding rings given her by her first husband.

The latter part at least of the engagement will probably be spent by the fiancée in preparing her marriage outfit.

Joyful beyond words is this planning and contriving. The woman who does not know the rapture of successful good management in so feminine a campaign has missed the sweetest draught in life. There is five times the pleasure in evolving an exquisite outfit from materials sought with eager zest, at a cost that does not too greatly tax the family means, than there is in languidly giving orders and drawing checks. In other words, the idle rich can never attain so high a degree of satisfaction in this familiar enterprise as the thrifty poor. The bride whose raiment represents to her and her people a little self-denial and a good measure of loving altruism will take more pride in it than she to whom pretty frocks and hats have meant nothing since her childhood days. Every purchase is a victory.

First and foremost she should have a good supply of household linen, inclusive of sheets, pillow slips and spreads, table

cloths, napkins, doilies and towels. How much each bride shall have depends on the style of her future housekeeping. She must have changes for her beds, and enough over necessary weekly changes for the supply of her guest chamber, for illness and for an unforeseen emergency. She can reckon up the number of sheets and spreads and pillow slips, and her mother's experience will be her guide. Fine cotton answers every purpose, and a bride need not spend her money on linen unless she greatly prefers it.

Every article should be marked with the initials of her maiden, not her married, name.

To this store her betrothed may not contribute, but he may offer as many gifts of jewelry, fans, even old lace, etc., as his purse can afford. His mother, however, is not so hampered, and may bestow what she will.

Informal Shower

If the engagement is announced some months before the wedding, it is a pretty custom for the girl friends of the bride-elect to spend a little of their spare time in preparing simple and useful gifts of linen and lingerie, and to bestow upon her an informal "shower."

WEDDINGS

Invitations

Wedding invitations should be sent from two to four weeks before the day of the ceremony. They should be engraved on very heavy white paper, and furnished with two envelopes, the outer bearing the guest's name and address, the inner the name only. A single invitation will suffice for a married couple, but separate invitations must be sent for the grown sons and daughters in society—rarely more than three, however, to one family. The most favored forms follow:

Mr. and Mrs. Frederic Hilton
request the honor of your presence
at the marriage of their daughter
Josephine
to
Mr. Horace Ames
on Tuesday, November the tenth,
at twelve o'clock.
St. Mary's Church, Boston.

Or

Mr. and Mrs. Arthur Kenton
request the honor of

---

presence at the marriage of their daughter
Martha
and
Mr. James Floyd Lowe
on Wednesday, June the eighth,
at four o'clock
at the Church of the Redeemer,
New York.

(In the latter form the guest's name should be written in by hand.)

Admission to Church

For large church weddings, invitations should be accompanied by a small card, reading:

Present this card
at St. Mary's Church
on Tuesday, November tenth.

Wedding Reception

The card for the reception or breakfast following a church wedding reads as follows:

Mr. and Mrs. Frederic Hilton
request the pleasure of

---

company
On Tuesday, November the tenth,
at half-past twelve o'clock.
Twenty Commonwealth Avenue.
R. S. V. P.

Or

Reception
From half-past three o'clock
Twenty Commonwealth Avenue.

Second Marriage

A woman who marries for the second time sends out her invitations in the name of her parents, if they are still living; if they are not, cards are sent in the name of her nearest male relative.

At her second marriage a widow does not wear a veil or orange blossoms, nor does she dress in white. A handsome reception or tailored gown in gray, mauve or tan, worn with a hat or toque, is the most approved dress.

Acknowledgments

Invitations to a church ceremony do not require an acknowledgment. Invitations to a home wedding (when an answer is requested), a reception or a breakfast should be formally answered, either "Accepted with pleasure" or "Declined with sincere regret."

Gifts

Wedding gifts may be sent upon the receipt of an invitation to the church or house ceremony. Articles of silver or cut glass are always in good taste; more individual gifts, old prints, rare books, pictures, etc., may be chosen at the discretion of the sender. With the gift should be sent a visiting card with a brief message of good wishes. It is a delicate kindness which prompts the early sending of a gift, so that the bride may not be harassed during the last few days in her parent's home by the strain of note writing.

Every wedding gift, no matter how simple, should be acknowledged by the bride herself with a cordial note of thanks.

Trousseau

The dress of the bride may be of white satin or silk, or in fact of any beautiful white fabric, such as crêpe de chine. It is made with high neck, long sleeves and a train.

Whether it shall be a simple or an elaborate gown depends entirely upon the personal tastes of the bride or the financial status of her family.

A veil of tulle or lace is a part of the bridal attire.

The trousseau should be in keeping with the circumstances of the young couple's married life rather than those of the girl's parents. It is at present considered unwise to provide too extensive a trousseau. Fashions change so quickly that a bride is hindered rather than helped by too elaborate an outfit.

At a quiet church or home wedding it is quite correct for the bride to wear a cloth traveling gown, and a hat. With such a frock a prayer book may be carried, rather than a bouquet, and all attendants, save a maid of honor, should be dispensed with.

Bridesmaids

A sister or the most intimate friend of the bride usually acts as maid of honor. The bridesmaids, of course, are also close friends or relatives, and include perhaps a sister of the groom.

What the bridesmaids shall wear is determined by the bride. Ordinarily the gowns are paid for by the bridesmaids themselves. Usually styles and material are selected that may be worn afterward.

Shortly before the wedding the bride-elect gives a dinner or luncheon for her attendants, at which time she bestows upon each one a gift—usually a piece of jewelry.

Groom

At a morning or afternoon wedding the groom should wear a black frockcoat, gray trousers, a white waistcoat, an ascot, or other full cravat of figured white silk, and gray gloves and silk hat.

The attire of the best man and ushers should resemble that of the groom. At an evening wedding the groom, best man and ushers wear evening dress.

Best Man

The best man is usually the brother or a very intimate friend of the groom. The ushers are also chosen from the circle of his friends. These may include, of course, a brother of the bride.

About a week before the wedding the groom entertains his best man and male friends at dinner, at which time he presents his ushers with souvenirs of the occasion.

The best man assumes the care of the wedding ring, which he hands to the groom at the proper moment at the ceremony.

Other responsibilities sometimes assumed by the best man are the purchase

of the marriage license, the procuring of tickets for the wedding journey and the checking of baggage.

Church Decorations

Floral decorations, for a church or a home wedding, may be as costly or as simple as personal taste or financial circumstances dictate. Beautiful and original effects may often be attained in the country, where good taste and the resources of the home garden and the fields and woods may supplement, or indeed wholly supplant, the more costly service of the florist. But as a rule the most fitting color scheme is the conventional white and green, though the flowers chosen may range from daisies to roses or lilies.

It may be mentioned, however, that an ostentatious display of flowers is not in good taste; a church should not be transformed into a conservatory or a florist's show room.

Music

Music for the ceremony may be confined to the services of the organist alone, or a full choir and orchestra may be employed, or it may be altogether dispensed with.

Ceremony

At a church wedding the bride enters on the arm of her father or other male relative. Should she be fatherless, it is quite permissable for her to walk up the aisle alone, if she prefers to be given away by her mother. In this case, when the clergyman asks, "Who giveth this woman, etc.," the mother of the bride rises from her place in the pew and bows.

There are many ways equally favored of forming the wedding procession. The bridesmaids may assemble in the vestibule and precede the bride to the altar, or they may meet in the vestry and come down the aisle to meet the bride. After the ceremony the bridesmaids may follow the bride, two and two, or each on the arm of an usher.

The families sit together in the front of the church, just opposite the altar.

Congratulations

The bride drives to the church with her mother and father. After the ceremony she and her husband drive together to her parent's home, where they receive the congratulations of the guests.

One always wishes the bride happiness, and the groom is congratulated on his good fortune. Any simple kindly speech that carries with it best wishes for the future of the wedded pair is sufficient without any attempt at elaborate expression. The bride's mother should not be overlooked—to her also some pleasant word is due.

Breakfast

After a morning wedding the bride's parents will entertain the more favored guests at breakfast. It is in better form if the guests are seated while the breakfast is served. If small tables are used the most conspicuous of these is elaborately decorated in honor of the bridal party. The menu should be much the same as that for a ceremonious luncheon, with the addition of champagne for the drinking of the health of the newly married couple.

Reception

At an afternoon or evening wedding reception refreshments should be served from a buffet, as at a reception or an At Home, and the menu is much the same —bouillon, oysters, salads, game, hot or cold, sweetbreads, gelatines, ices and pastry, with coffee, chocolate, punch and wines. But more simple refreshments may be served if desired. The bridal party, consisting of the bride and groom, maid of honor, best man, bridesmaids and ushers, usually are served at an elaborately decorated table, in a room adjoining the rooms in which the guests are gathered.

Wedding Cake

The wedding cake does not usually figure at the feast unless the latter be an informal breakfast, where the bride follows the pretty old-fashioned custom of cutting it with her own hands. Usually small and dainty white boxes containing portions of the cake are placed upon a table in the hall, to be handed to each guest at his departure.

Expenses

All the expenses of the wedding invitations, decorations, refreshments, etc., should be borne by the family of the bride, who should also supply carriages for the bridesmaids and officiating clergyman. The groom is expected only to furnish the bride's bouquet, to make her a wedding present, and to pay the clergyman's fee.

The groom's present to the bride usually takes the form of an article of jewelry, which is worn at the wedding. The wedding fee, which should not be less than five dollars, should be placed in an envelope and given into the charge of the best man, who will hand it to the clergyman.

Announcement

Announcement cards are sent out when the wedding ceremony has been privately celebrated. They should read thus:

Mr. and Mrs. Frederic Hilton
have the honor of announcing the
marriage of their daughter
Josephine
to
Mr. Horace Ames
on Tuesday, November the tenth,
Nineteen hundred and seven,
at St. Mary's Church.

The groom should at an early date supply the family of the bride with a list of those of his own friends, relatives and acquaintances to whom he desires that invitations or announcements be sent.

Response

Announcement cards, unless accompanied by the bride's "At Home" card, require no acknowledgment. If the card of the newly married couple be enclosed acknowledgment may be made either by card or in person.

Wedding Anniversaries

Wedding anniversaries are celebrated in the following order:

Fifth year, wooden; tenth, tin; fifteenth, crystal; twentieth, china; twenty-fifth, silver; fiftieth, golden, seventy-fifth, diamond.

The celebration of wedding anniversaries, save the twenty-fifth or fiftieth, is not now greatly in favor. Cards for a "silver" or a "golden" wedding reception should read somewhat as follows:

Mr. and Mrs. Martin Wemple
At Home
Tuesday November the tenth
from eight till twelve o'clock,
64 Marion Avenue.
1880-1905

Or the anniversary may be very fittingly celebrated by a simple dinner to which are bidden a few intimate friends.

Presents sent on such occasions should be very promptly acknowledged. It should, however, be understood that the mere receiving of an invitation to a reception given to commemorate a wedding anniversary does not obligate one to send a present.

DINNERS

Dinner invitations, if formal, may be sent two weeks in advance. For an informal dinner a week's notice, or even less, suffices; indeed, in the larger cities dinners to intimate acquaintances may even be made up by the telephone on the day when a hospitable but overworked hostess finds herself unexpectedly free to meet her friends.

Formal Invitation

For formal dinners it is almost a universal custom to use an engraved card, on which the name of the guest and the date on which he is expected may be written. Such cards follow this form:

Mr. and Mrs. Charles Edward Morris
request the pleasure of

_____

company at dinner
on————————evening
at————————o'clock.
36 Irvington Terrace.

Special Guest

Invitations to a dinner in honor of a special guest should have the words "To meet Mr. and Mrs.———" written at the bottom.

Ceremonious Dinner

Specially engraved cards for an unusually ceremonious dinner take the following form:

To Meet Admiral and Mrs. Dewey.
Mr. and Mrs. Charles Edward Morris
request the pleasure of
Mr. and Mrs. Howard Watson's
company at dinner,
Wednesday evening, April the eighth,
at seven o'clock.
36 Irvington Terrace.

Informal Dinner

For a small informal dinner a written note will take the place of the engraved invitation. The note must be addressed to the wife, though both are invited. If for any reason the husband is unable to accept, the wife declines also, giving the reason therefor.

The following is the simplest form of invitation:

29 Belle Terrace,
March 8, 1907.

DEAR MR. MORTON:—
We shall be very glad if you will dine with us on Tuesday, the ninth, at seven o'clock. Cordially yours,
ADELE RICHARDS.

Acknowledging Invitation

A dinner invitation must be answered by return mail. If an acceptance be sent, only illness or bereavement or some extreme reason may be allowed to break it. The failure of a guest to come often causes embarrassment at the last moment to the hostess.

Formal Response

The formal acceptance of a dinner invitation, which should be addressed to the hostess, reads somewhat as follows:

127 Westmoreland Place,
September 12, 1907.
Mr. and Mrs. Howard Watson
accept with pleasure
Mr. and Mrs. Charles Edward Morris'
invitation to dinner on
Tuesday evening, September the twentieth,
at seven o'clock.

Or

Mr. and Mrs. Howard Watson
regret that a sudden bereavement prevents
their acceptance of
Mr. and Mrs. Charles Edward Morris'
kind invitation to dinner on
Tuesday evening, September the twentieth,
at seven o'clock.

Informal Response

In an informal response, one may say, "It gives me great pleasure to accept your kind invitation, etc."

An informal note declining an invitation may be made of sufficient length to adequately explain one's inability to accept.

Last-Moment Invitation

To receive a "last moment" invitation implies no slight nor discourtesy. It is impossible for a hostess to entertain more than a very small number of her friends at a single dinner party, and if one of these fail her at the last moment, she has no recourse but to fill the place with one who has before enjoyed her hospitality, and to whom, no doubt, she hopes often to extend it in the future.

Response to such request should be immediate and cordial. Whether one accepts or refuses an invitation to dinner, a call should be made within a fortnight thereafter.

Dress

At a dinner party, unless it is extremely informal, evening dress should be worn by both men and women.

A woman's evening dress may be of silk, lace or other delicate fabric. It is cut low in the neck with the sleeves short or of elbow length. Gloves are worn, but should be removed and laid across the lap as soon as one is seated at the table.

Dressing Rooms

Dressing rooms for both men and women should be arranged. As they arrive, each man is given a small envelope containing a card bearing the name of the lady whom he is to take in to dinner.

Entering Drawing Room

The form of behavior at entertainments of all kinds in private houses is the same. On leaving the dressing rooms and entering the drawing room one is received by the hostess, and after exchanging greetings, passes on to meet other friends.

The hostess should make all necessary introductions. At small dinners this is done before entering the dining room.

Entering Dining Room

In going into dinner it is customary for the host to lead the way with the lady who is the most honored guest, the other couples following in and the hostess bringing up the rear with the man who is correspondingly most conspicuous.

Name Cards

Name cards are generally used at formal dinners. The host seats the most honored lady on his right. It is never proper to place all the women on one side and all the men on the other, nor are husbands and wives seated together at a formal dinner. The rule is to put a gentleman next a lady and to try so to arrange the table that congenial people may be together.

Table

A well-appointed dinner table is always picturesque to an artist's eye. For a formal dinner the table should be decorated with flowers.

The place of each guest should be laid with a plate and a large dinner-napkin. To the left of the plate three silver forks are laid close together, the points of the prongs turned up. To the right of the plate lie two large silver-handled, steel-bladed knives and one small silver knife, or butter-spread, their sharp edges turned toward the plate. Beside the butter-knife is laid a soup-spoon, with the bowl turned up, and next to the soup-spoon lies an oyster-fork. If desired, a fourth fork of special shape, for fish, may be added, or only two forks may be laid, according to the supply of silver. Nearly touching the tips of the knives stand the glasses. These include a tumbler or goblet for water, and suitable glasses for wine, if wine is to be served.

A dinner roll or slice of bread is placed with the napkin at each cover.

Service

Formal dinners are always served á la russe. That is to say, the various courses are passed by the servant and the dishes are not left upon the table.

Where both ladies and gentlemen are present, the lady who is the guest of honor is served first; then from the right, each lady in turn is served, except the hostess, who is served last. After the hostess the men are served in turn, beginning from the right of the lady who is the guest of honor, and last of all the host.

It is not good form to refuse more than one, or, at the most, two courses. It is better to accept everything served at dinner, and partake of at least a little.

More latitude is allowed in regard to wines, and it is permissable to refuse any or all of those served. If a guest does not drink wine, it is better to permit the glasses to be filled than to run the risk of making himself conspicuous by repeated refusals.

Menu

The menu for a formal dinner may be as elaborate as the hostess has the means of making it.

The success of a dinner depends, however, far more upon the perfection of cooking and daintiness of serving than upon the number of dishes served.

A simple and wholly acceptable dinner should consist of soup, fish, a roast with salad and perhaps a vegetable, a dessert and coffee.

Accidents

Such incidents as an accident at table or the late arrival of a guest should be passed over lightly, as little notice being paid to them as possible.

TABLE ETIQUETTE

In occupying a seat at a dinner table one should assume at once an easy position, with hands resting in the lap. One should sit naturally erect, not bolt upright, with hands folded stiffly.

Such habits as shifting in one's chair, or toying with articles of silver or the bread, bespeak an idle and undisciplined mind.

Napkin

The napkin should be unfolded and laid across the knees. At the end of a meal it is not refolded, but merely placed at the left of the plate. If one is a guest, however, for a few days, the napkin is refolded in its original creases.

On Being Served

It is not necessary to wait until all have been served at the table. One may begin to eat leisurely as soon as served, taking care not to finish before others.

Use of Silver

The silver is used in its proper order —that is, beginning with the fork or knife farthest from the plate.

It seems unnecessary to say that the knife is never used in conveying food to the mouth. For this purpose the fork, with the occasional use of the spoon for soups and some kinds of dessert, is sufficient for most people.

At a second helping the knife and fork may either be left upon the plate, side by side, or they may be held in the hand. Usage in this matter varies, but the former method is the one generally preferred.

So far as possible, all food should be separated with the fork. Vegetables should not be crushed, in greedy anticipation preparatory to eating.

Where sugar tongs are not provided, use the fingers.

It is usually most convenient to place the knife on the right side of the plate.

HOW DIFFERENT FOODS SHOULD BE EATEN

Drinking

Water should be sipped noiselessly. To take a glassful at two or three gulps is bad for the digestion, to say nothing of the lack of refinement which it displays.

Soup

Soup should be taken from the side of the spoon. None but a barbarian would blow it. Bread should never be put into soup, nor should the plate be tilted in order that the last drop of the liquid may be greedily taken up.

Bread

Each mouthful of bread should be broken off when needed. An entire slice or a whole biscuit should never be spread at once.

Meats

Meats, such as fowl and chops, are removed from the bone by the aid of knife and fork. Any one who would be inelegant enough to lift it to the mouth and take it from the bone with the teeth would also pour his coffee into his saucer and set the dripping cup on the table cloth.

Fruit

In eating peaches, pears, etc., remove the skin, cut the fruit up with the dessert knife, and convey the pieces to the mouth with the fork.

Cakes

Small cakes are eaten from the fingers, but for slices of cake, especially those that are sticky, forks should be supplied.

Salads

All salads are taken with a fork. With a little practise a lettuce leaf may be manipulated with a fork.

Eggs

The most acceptable way of eating a boiled egg is from the shell. The end may be neatly removed by means of a spoon.

Relishes

Celery, olives, cheese and radishes are always eaten from the fingers.

Ices

Ices are generally eaten with a fork.

Salt

Salt used with celery, radishes, etc., may be put on the side of the plate.

Butter

Butter should not be used at dinner.

Coffee

Black coffee in small cups should complete the dinner menu.

VISITING

When inviting a guest to stay in one's home it is perfectly good form to state definitely the length of the visit to be made. In responding, the dates mentioned should be repeated, to avoid misunderstanding; and if the hostess has been thoughtful enough to mention a convenient train or to send a marked time table, the hour of arrival should also be definitely stated.

Guest Room

The guest room should be very carefully prepared. Writing material and a few pleasant books should be provided, and no matter how warm the weather, an extra bed covering should be ready in the closet. Proper heating, if necessary, and hot water should not be overlooked.

There should be a small jug for drinking water, a fresh cake of soap, plenty of towels and a well-filled match safe. If two people are to occupy the same room, there should be, if possible, two beds, and the wash stand must be furnished with a screen.

Entertainment

While some entertainment should be provided for a guest, she should be left to amuse or occupy herself for at least part of every day. It is not good form for her to insist on spending every moment with her hostess, nor should she be the last to suggest in the evening that the hour for retirement has come. She must conform to the customs and plans of the household, and whatever private inconvenience she may suffer, she is not to betray a trace of it.

Half the success of a visit rests with the guest. A cheerful, resourceful, even-tempered girl, with a fund of good humor and a few simple "parlor tricks" is sure of many desirable invitations, while a girl of greater beauty and attainments will be passed over because experience has proved that she lacks the adaptability desirable in a guest.

When the time for departure has come, those servants who have rendered personal service should be suitably remembered. The size of the "gratuity" must be regulated by the length of the visit, the size of the establishment and of the guest's own purse.

A "bread-and-butter" note should be dispatched to the hostess within twenty-four hours after the arrival at one's destination. No joy of home coming nor pressure of duty should be permitted to interfere with the acknowledgment of pains and hospitality so willingly spent in behalf of the honored guest.

House Party

The house party furnishes one of the most enjoyable forms of entertaining, whether the home is great or small, so that it is hospitable and brings together congenial friends, giving them a good time. In an invitation for such a visit, the words "house party" are not used. One is merely asked to spend a few days at the home of the hostess.

CHRISTENING

The birth of a child is announced by sending a large card, bearing the mother's name and address to which is tied, by a narrow white ribbon, a tiny card engraved with the name of the new arrival. On the receipt of such cards a call of congratulation must be made; or if this is impossible, a card should be sent with the inscription "Hearty congratulations."

If sponsers are to be chosen, the choice should be made a few weeks before the christening. After consenting to the honor of sponsership, a present to the godchild is in order, and may take the form of a cup or similar article in silver.

Whether the christening take place at home or in a church, the floral decoration may be as elaborate or as simple as the parents desire.

Refreshments, dress, etc., at christenings are similar to those at an afternoon reception.

Christenings should be celebrated in the forenoon or afternoon, and never in the evening.

MOURNING

Fashions in mourning are very elastic in these days. A widow wears crêpe, and is permitted to wear a long opaque veil if she wishes, but she may wear a smaller veil quite off her face without shocking decorum. Many persons have abandoned the custom of wearing mourning, and no one is singular who omits it.

However, this outward expression of bereavement is a protection from ill-timed mirth or tactless inquiries. In any case where its disuse would tend to cause reproach upon the one departed it should be worn.

The period of mourning for a husband or wife is two years.

A widow for the first year wears a lusterless worsted, crêpe-trimmed. No jewelry may be worn save a brooch of dull jet and the wedding ring. After the first year lusterless silk or crêpe de chine are permissable, and the crêpe veil is discarded for one of lighter weight. Six months later the veil may be abandoned altogether, and gray and lilac worn, and after two years other colors may be worn.

For a parent, brother, sister or child a married woman's period of mourning dress resembles that for a husband.

An unmarried woman mourns similarly for a near relative, but if she is young she need not wear a veil.

For an uncle, aunt, grandparent, simple black, without crêpe, is worn for three months.

Children under fifteen are not often put in mourning, and no girl under eighteen should wear crêpe.

A man's period of mourning is usually less than a woman's. He wears heavy mourning for eight or nine months, and at the end of that time puts off the hatband, and may wear gray clothes and gloves, with black and white silk neckties.

It is better form for a man to refuse to wear mourning altogether than to attempt to satisfy conventionality by the black band on his coat sleeve, which has been used with so little discrimination as to be no longer in good taste.

The width of the mourning border upon stationery and visiting cards must be diminished as the mourning is lightened.

FUNERALS

The etiquette of funerals is also far more simple than of old. The details of arrangement are usually in the hands of professional persons.

It is now almost universally the custom to add to the death notice a request that no flowers be sent. If many are received, after the service they may be sent to a hospital.

Church Service

Funerals are now nearly always held at a church. After the service no one should leave the church until the bereaved family have passed down the aisle and entered their carriages. If carriages are provided to convey others than the immediate family to the grave, those wishing to attend should enter the nearest conveyance without regard to his acquaintanceship with those who are to ride with him. On such occasions introductions are not needed.

Home Funeral

At a house funeral the family should remain in a room adjoining where the service is held, where they can hear, without being seen.

Pall bearers should be selected from among the more intimate friends or relatives of the dead.

Calls of Condolence

Calls of condolence should be made as soon as possible. Intimate friends should call frequently during the period of mourning and do what they can to cheer and divert the bereaved ones. A woman friend may quietly supervise the housekeeping and the care of the children if the ménage is a small one. She may give necessary orders, make arrangements with dressmakers, and see callers and answer inquiries. A man may render kind service in sending telegrams, or meeting at the station relatives who come from another city to attend the funeral.

Letters

Letters of condolence need not be long or elaborate, but they should breathe a spirit of warm-hearted sympathy. Everything that is cheering, kindly and helpful may be said.

SERVANTS

Servants should always be treated with consideration and perfect courtesy. It is not a mark of superiority to be harsh or over-bearing. Moreover, there is no such effective weapon against impertinence as a calm and self-contained civility. It will command respect and attention where boisterous self-assertion will meet with nothing beyond a thinly veiled contempt.

It is not necessary to thank a servant for rendering ordinary services. Should he happen, however, to serve you in an unexpected emergency, or go out of his way to increase your comfort or convenience, he should certainly be thanked.

In writing to a servant who has been or is already in one's service, the note should begin "My Dear Mary," and should be ended "Very truly yours." To a new servant a note is written in the third person.

LETTER WRITING

The simple rules of letter writing may be summed up as follows:

One: Know what you want to say.
Two: Say it.
Three: Use your own language.
Four: A short word is better than a long one.
Five: The fewer words the better.
Six: Leave out all the fine passages.

Paper

Part of the pleasure given by a letter undoubtedly lies in its appearance. A clear handwriting, good ink and correct stationery prejudice the receiver in its favor even if his correspondent be unknown to him. All vagaries or extremes of fashion in stationery should be avoided.

Cream white, gray or dull blue linen paper with a dull finish is always in good taste, and any good stationer will keep his customers informed of the more important details of shape and size.

Two sizes, at least, of paper, with their corresponding envelopes, will be needed.

Women often have their initials or street address engraved or placed in gold or silver lettering upon their stationery. There is a tendency toward a less frequent use of armorial bearings.

Ink

Black ink is most legible, and hence is to be preferred.

Every letter should be dated.

Formal Letter

When engraved paper is not used, every formal letter should have the address of the sender and the date clearly written in the upper right-hand corner of the first page, about one inch, more or less, according to the size of the sheet, from the top. Thus:

30 East 70th Street, New York,
September 20, 1907.

The letter should then begin with the name and address of the person to whom it is written, and beneath that

"My Dear Mr. M———:—"

Closing a Letter

"Very truly yours" is the most formal expression for the conclusion of a letter in general correspondence.

"Sincerely yours" may also be employed in closing a formal communication, but its use is so general that it now has a social significance.

"Faithfully yours" is used extensively by the English, and in writing to an Englishman one might show him the courtesy of using his favorite expression.

A letter from a man to a woman, where there is only a slight acquaintance, should conclude "Respectfully yours," "Very respectfully yours," or merely "Yours truly."

In ordinary correspondence such verbose and nonsensical expressions as "I remain, dear madam, your most obedient servant," or "I beg to remain yours to command," are meaningless and uncalled for.

Signature

In signing a letter, the signature of the writer should be used.

A married woman signs her name thus: "Helen Smith," and if she wishes to make her identity perfectly clear, she may add in brackets [Mrs. Edward Everett Smith].

An unmarried woman writing to one to whom she is unknown, places before her name "Miss" in brackets.

Business Letter

A strictly business letter should begin "Dear Sir," or "Dear Madam," and should end "Very truly yours," or "Yours truly."

"Dear Madam" is used whether the woman be married or single.

Informal Correspondence

In informal correspondence a note or etter begins, "Dear Mr.———" and usually closes "With kindest regards," or "With best wishes," "Sincerely yours," or "Cordially yours."

"Affectionately yours," of course, may be used between friends where the intimacy is close.

Between members of one family it would seem that hardly any expression could be too loving or intimate, provided the letter is kept strictly within the family circle.

Addressing an Envelope

To an unmarried woman the envelope should bear the prefix "Miss." To a married woman, "Mrs." precedes her husband's name.

In addressing a man, either "Mr." before the name or "Esq." after it may be used.

Titles

In the United States a woman never takes her husband's title, thus. "Mrs. Judge Hall." No matter what her station, socially or politically, she is, for example, Mrs. Theodore Roosevelt, and to most minds that is sufficient.

In addressing persons of title it has not only been the custom for ages to show a marked degree of respect, but passing over for a moment the pride of the individual (which is never a thing to be considered lightly), in affairs of state it behooves one to adhere to the formal code, as a matter of diplomacy.

To the president of the United States an official communication begins:
"To the President of the United States,
SIR:—" and it is not too much to conclude, "I have the honor to remain,
"Your most obedient servant."

The official form of addressing the envelope is "President Theodore Roosevelt."

A social letter would begin "My Dear Mr. President," although there are, no doubt, degrees of friendship that permit a more intimate greeting, such as that of the cowboy author who wrote somewhat as follows:
"To Colonel Roosevelt:—
"I hear that you are at the head of the U. S. Outfit. I am always glad to see any of the old boys get along. When you are out this way again, come over to my wagon and stay all night."

Official letters to other men of high rank in the government of the United States should begin "Sir," or "Dear Sir," and end, 'I have the honor to remain," etc.

In social correspondence "Dear Mr. Justice Harlan," or "Dear Justice Harlan," is used.

Envelopes containing official letters should be addressed as follows: "Mr. Justice John M. Harlan," "Senator John J. Ingalls," or "To the Hon. John J. Ingalls."
To a member of the House of Representatives, "Hon. Champ Clark."

To a Cabinet Officer, "Hon. John Hay, Secretary of State."

To a Governor, "Governor William J. Stone."

General Letter Writing

It is a regrettable fact that in these days of telephone and wireless messages letter writing has become almost a lost art. The proper use of English, written and spoken, is infinitely the most important study in the schools of our land, although not generally so recognized by instructors, parents and students.

The inability to write clearly comes in part from a slovenly way of thinking. The same defect is not so noticeable in speech.

It is appalling to see how great a number of letter writers do not succeed in saying anything worth while. Even among men of business, where to write dozens of letters becomes an every-day necessity, the clear, concise, business-like and grammatical letter is a rare specimen.

This would not be true if at first a little thought and practice were given to the subject.

Some people apparently do not have to cultivate the art of letter writing. It is recorded that an admiring friend of Mrs. Thomas Carlyle said, "Jane, everybody has one talent, and yours is the writing of notes."

BOOK IV.

Household Helps

Removing All Sorts of Stains—Acid, Blood, Chocolate, Cream, Grass, Fruit, Ink, Mildew, Rust, Varnish. **Removing Stains from All Sorts of Articles**—Brass, China, Cloth, Enamel Ware, Gilding, Hats, Leather, Mahogany, Marble, Silver, Silks, Table. **Cleaning All Sorts of Articles**—Alabaster, Brass, Carpet, Furniture, Gilt, Glass, Ivory, Leather, Linoleum, Marble, Matting, Mirrors, Nickel, Plaster, Silver, Tinware, Wall Paper, Woodwork. **Ridding the House of Pests**—Ants, Bedbugs, Fleas, Flies, Mosquitoes, Moths, Roaches, Mice, Rats. **Washing and Ironing**—Use of Ammonia, Kerosene, Javelle Water, "Setting" Colors in Wash Goods, To Freshen a Muslin, To Remove Scorch. **How to Pack a Trunk. Staining Woodwork**—Hardwood Floors, Doors and Casings, To Change Color Scheme, Natural-Finished Woodwork, Enameled Wood, Fine Furniture. **Potpourri**—Proportions, Jars Used in Preparation, Geraniums, Roses, Pickling.

BOOK IV.

HOUSEHOLD HELPS

REMOVING ALL SORTS OF STAINS

cid Stains, such as vinegar, sour wine, and fruit, can be removed from white cotton or linen cloth by pouring boiling water through it.

Blood Stains

Use a tepid solution of one tablespoonful of kerosene to one gallon of water. Let stand for a few minutes, then wash in cold water. If old, use iodide of potassium diluted with four times its weight in water.

Brown Stains

Brown stains on baking dishes may be removed by dipping a damp piece of flannel in whiting and rubbing well.

Chocolate and Cocoa Stains

Use cold water first, then pour boiling water through the stained portion.

Coffee Stains

Pour boiling water through the cloth.

Cream Stains

Dampen the spots with household ammonia. If aqua ammonia, use one tablespoonful of ammonia to four of water. Lay fresh blotting paper over the spot, and iron lightly. This also removes grease from white goods.

For linen badly stained with sweet cream try the following : Mix five parts of glycerine with five parts of water, and add one-fourth part ammonia. Apply to the stain with a soft brush, allow it to remain six or eight hours, then rub with a clean cloth. Remove the remaining dry substance with a knife. The stained places should then be brushed over with clean water, pressed between cloths, and dried. If the stain still remains, a rubbing with dry bread may take it off.

Egg Stains

Table salt and a wet cloth will remove egg stains on silver.

Finger Marks

Finger marks on paint may be removed with ammonia.

Fruit Stains

Use the following simple but effectual remedy, and there will be no sign of the stain left: To a two-ounce bottle of good whisky put one heaping tablespoonful of gum camphor. Shake well before using. Keep the bottle handy when counting the soiled clothes, and apply freely to every fruit stain. Do not rinse it out, and when the articles return from the laundry you will find them as spotless as when new.

Another way to remove fruit stains is to let the spotted part absorb a little water without dipping it, then hold the stained part over two or three lighted brimstone matches at a prudent distance.

To remove grape stains, wash with warm soap suds and a little ammonia water, sponging afterward with clear, cold water.

Grass Stains

For grass stains on white linen dresses wash the spot in alcohol, then in clear water.

Grease Spots

To remove grease spots from books, lay a piece of blotting paper under the leaf, and spread powdered chalk over the place where the grease spot will come. Lay the leaf flat upon it, spread chalk on the other side of the spot, lay blotting paper over it, and iron. The chalk will absorb the grease. The simplest way to clean a soiled page is to place it in a flat dish and cover with cold water. The sun will draw out the stains, and the leaf must then be slowly dried, but not in the sun, as this would turn it yellow.

To remove oil and grease from carpets, spread a layer of French chalk over the spots, cover with a sheet of blotting paper, and iron with a warm flat iron. Repeat the process if necessary. Or spread upon the stain a paste made of fullers' earth, brushing it off when dry, and renewing until the stain is removed. Use gall in the paste, to preserve the colors of the fabric treated.

Or try the following: Lay a heavy blotting paper over the spots, then iron with a hot iron. This may not be a success where the spots are very large and have been allowed to remain too long, and in such cases apply plentifully dry buckwheat flour; never put liquids on such spots.

To take grease from cloth, make a paste of fullers' earth and turpentine. Rub on fabric until turpentine evaporates and a white powder remains. The latter can be brushed off, and the grease will have disappeared.

For silk, use gasoline. The fabric should be cleaned with a piece of the same goods, the cloth rubbed lengthwise and with the weave. Continue rubbing until the material is perfectly dry. These directions carefully followed will not leave a line of discoloration marking the stain.

Grease spots can be removed from marble by applying a paste of potash and whiting.

Grease spots can be removed from wall paper by rubbing gently with soft bread crumbs. Pack the crumbs lightly in a small ball, and work with a rotary motion. If the stain is very obstinate, spread with a paste of potters' clay, water and ox-gall; dry, and renew paste until the stain disappears.

Ink Stains

Ink stains may be removed from carpets while they are still wet by sponging them thoroughly with skimmed milk until the ink has disappeared, after which the spot must be sponged repeatedly with clear, cold water, followed by warm water, and rubbed dry with a cloth. Or sponge the stain with a cupful of warm water in which one teaspoonful of oxalic acid has been dissolved, rinsing afterward with cold water.

Ink stains can be removed from mahogany by the use of one teaspoonful of oil of vitriol mixed with one tablespoonful of water, or by oxalic acid and water. These washes must be used lightly and quickly, then washed off with milk.

The best way to remove ink stains that have dried is to rub them with milk until the stains fade away, changing the milk as it becomes discolored. Afterward rub with ammonia, to remove grease. Fresh ink stains should be sprinkled with salt, which absorbs the ink, and so prevents the stain from spreading. Brush into a dust pan as soon as it is discolored, and sprinkle with fresh salt, removing in the same way.

Ink stains on white goods may be removed, even after boiling, by moistening the spot, and placing it over blotting paper. Then cover with a mixture of one part of common table salt to one part of tartaric acid, and expose to the sun's rays for several hours.

For stains on colored goods, cover the spot with salt, squeeze lemon juice over it, and expose to the sun. Repeat the process if necessary. If the color fades, it can usually be restored by soaking in ammonia.

While still fresh, ink stains may be removed by simply moistening, covering with table salt, and exposing to the sun. Remove the salt as fast as it becomes colored, and replace with fresh salt.

To remove red-ink stains from wash

goods, as soon as possible after the ink is spilled on the goods, cover the spots completely with melted tallow. Do not disturb for forty-eight hours, then wash in very hot, clear rain water without soap; afterward wash in the usual way.

To remove ink spots from wool or woolen goods, take clean, unused cotton batting, wet in sweet milk, and sop the spots carefully until all the ink is removed; then sponge with clean water, and press.

Iodine Stains

An iodine stain, which is one of the most stubborn to encounter, can be removed by soaking the fabric in sweet milk and occasionally rubbing the spot.

Iron Rust

For iron rust use lemon juice and salt or starch spread upon the spots, and repeat if necessary. A better way is to have salts of lemon prepared and ready in a bottle. Dissolve in water enough to cover, and moisten the spot with this. It will not rot the articles. When dry, wash in clear water.

An obstinate spot of iron rust will yield at first trial by this method: Cover thickly with powdered alum and lay over the open top of a tea kettle of boiling water. Steam about ten minutes.

To remove the ugly iron stains on the marble bowls, rub a little muriatic acid on the stains, then rinse quickly with ammonia water.

Leather Stains

For stains on white hose, apply diluted oxalic acid in the proportion of one-half ounce of the acid to one pint of water. Rinse and repeat until the stain disappears. Wash thoroughly to remove the acid.

Mildew

For mildew, soak the article in sour milk, and lay in the sunshine to dry; or dip the article in a solution of one part of chloride of lime and twelve parts of water (strained), and lay in the sunshine. Repeat if necessary. As soon as white, rinse thoroughly.

Or, mix well one spoonful of table salt, two spoonfuls of soft soap, two spoonfuls of powdered starch and the juice of a lemon. With a paint brush apply this mixture on both sides of the stain, and then lay the article on the grass day and night until the stain disappears.

Oil

Use rain water with soap or baking soda.

Oil Paint

Remove oil paint spots with very pure spirits of turpentine. The impure spirits leave grease spots.

Pencil Marks

Pencil marks can be removed by rubbing with bread, or washing with a thin paste of flour and water.

Perspiration

After rubbing soap on the stain, lay the garment in the hot sunshine. This does not apply to colored silk or woolen garments.

Rust

See "Iron Rust."

Scorch

See "To Remove Scorch," page 108.

Syrup Stains

To remove syrup stains from materials, wash the stained part with warm water, without soap, then rub with ammonia diluted with warm water.

Tar Stains

Rub the soiled part with lard or turpentine, following with soap and water.

Vegetable Stains

Vegetable stains on the hands can be removed usually with lemon juice.

Varnish Stains

Rub with turpentine, or benzine, then soap and water.

REMOVING STAINS FROM ALL SORTS OF ARTICLES

Brass

Whiting wet with aqua ammonia or salt and vinegar will remove stains from brass.

China

Put the article in a strong solution of baking soda and water and let stand for twenty-four hours, or longer, if necessary. Damp salt will also remove stains from china.

Cloth

Javelle water will remove almost any stain from white goods. To make a quantity, dissolve four pounds of bicarbonate of soda in one gallon of boiling water, then stir in one pound of chloride of lime. When cool, strain and bottle. All acids and alkalis tend to eat the fiber so use quickly and rinse thoroughly.

Or use the following recipe: Take an ounce of hartshorn and one of salts of tartar. Mix them well. Add a pint of soft water, and bottle for use. Keep very tightly corked. To use, pour a little of the liquid in a saucer, and wash in it white articles which are stained with ink, mildew, fruit or wine. Rinse carefully in cold water after the stains are removed, then wash in the usual way.

To remove stains from woolen cloth, obtain a small quantity of pure alcohol and some white blotting paper. Place one piece of the blotter under the stained cloth, and apply the alcohol directly on the stain with a piece of linen. As soon as the blotter absorbs the stain, exchange for a clean one, and proceed in this way until the stain entirely disappears. After the alcohol evaporates, press the cloth on the wrong side. Some difficult stains, such as grass and fruit, can be removed by this method.

Gilding

Take enough sulphur flour to give a rich golden color to about a pint of soft water. Boil in this three good-sized onions (bruised). Strain, and when cold apply with a soft brush, and the gilding will look like new.

Hats

A paste of lemon juice and sulphur will remove almost any stain from white straw hats.

Or, stains and mildew can be removed from a straw hat by using a weak solution of oxalic acid. Lay the hat on a flat surface, and clean it with a brush or cloth. An old hat can be whitened by holding it closely over burning sulphur.

Leather

Leather which is dull and stained can often be restored by applying oil and vinegar well mixed.

Mahogany

To remove stains from mahogany, mix spirits of salts one part, salts of lemon one part. Drop a little on the stains, and rub until they are eradicated.

Marble

Take two parts of soda, one part of pumice stone, one part of finely powdered chalk. Sift through a fine sieve, and mix to a paste with water. Apply all over marble until stains disappear, then wash with soap and water.

Silver

Place the silver in thick sour milk, and allow it to stand thirty minutes or longer.

Silks

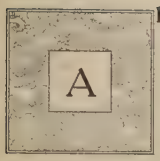
To remove stains from colored silks, wet the spot thoroughly with alcohol, rub lightly, and let dry. Turpentine and clear ammonia are equally effective in removing such spots.

Table

The rings caused by setting cups of hot water or other heated vessels on varnished surfaces can be taken off by rubbing them with kerosene oil, then with alcohol, always briskly.

Rub spirits of camphor into the white spots on furniture, and the color will be restored.

CLEANING ALL SORTS OF ARTICLES



labaster ornaments can be beautifully cleaned by immersing them for some time in milk of lime, washing afterward in clean water, then dusting with a little French chalk. The milk of lime is made by mixing enough slaked lime in water to give it a milky appearance. A second and very simple way is to use soap and water with a little washing soda or ammonia and rinsing thoroughly afterward.

Brass

Brasses, such as knobs and handles, are commonly lacquered, so they can be cleaned with alcohol and a soft cloth. Dampen the cloth instead of wetting it, and rub quickly. Unlacquered brass can be cleaned in various ways. One of the best is to wash it well in warm soapsuds, then rub with salt and vinegar, using a flannel cloth and polish afterward with dry whiting and a clean cloth. Take care not to let the acid and salt touch the wood. If the brass is either open or intricate it is better cleaned with tripoli mixed to a soft paste with sweet oil. Rub hard and quickly, and polish afterward with tripoli in powder.

Brass may be cleaned and given a brilliant polish by washing with alum boiled in strong lye, in the proportion of one ounce of alum to one pint of lye.

Brushes

Put ammonia into the water in which hair brushes are washed.

Candlesticks

To clean candlesticks, whether enamel or tin, without destroying or damaging the enamel or metal, fill the candlesticks with boiling water. Without allowing it to stand for any time, pour off the water and thoroughly dry with a cloth. By this method both the color and substance of the candlesticks will be preserved.

Carpet

If the carpet is not to be taken up, it can be cleaned and brightened by sprinkling a handful of dry salt over it, then sweeping carefully. Many experts in domestic science use tea leaves instead of the salt. Either method is excellent. Of course, all spots and stains should be taken out before the carpet is subjected to this dry-cleaning process. The salt is a good moth preventive. Axminster and Turkey carpets should be swept always the way of the pile, so that the dust may be brushed out instead of into them.

If a carpet has seen hard service and is badly soiled, brighten and clean by sponging the surface or rubbing with a solution of ammonia, borax and water in the proportion of about one tablespoonful of liquid ammonia and an equal quantity of powdered borax to one quart of water. Clean one small place thoroughly and dry well with a soft flannel before another is touched.

Ceilings

Roughened and flaky ceilings may be treated with a wash of alum and water, in the proportions of one ounce of alum to one quart of water. This will remove the superfluous lime which has caused the roughness, and make the ceiling fresh and white. Cracks in the plaster may be filled with a paste made of whiting mixed with glue water, or calcined plaster and water.

Chimneys

Save all old zinc, and when chimneys are filled with soot, put a quantity on the fire. It will carry all soot out of stove pipes and clean the chimneys.

Curtains

Pin a sheet on the carpet, then over the sheet scatter dry Indian meal and borax mixed in the proportion of one cupful of meal to one teaspoonful of powdered borax. Over the sheet pin a curtain, and over the curtain scatter more of the mixture; then another curtain, then more mixture, until all the curtains are pinned down and all strewn with the meal and borax. Now pull out all the pins, and roll up in a compact roll, so that the sheet

shall cover all. Lay this roll away to season for two or three weeks, then shake out the curtains.

When laundering lace curtains, if a creamy shade is desired, add clear, strong coffee to the starch.

Floors

For care of floors, see general heading "Staining Woodwork," page 111.

Bamboo Furniture

Salt water is preferable for cleaning bamboo furniture, as it prevents it from turning yellow, and it is also good for wiping Chinese or Indian matting.

Cane-Seated Chairs

Wash cane-seated chairs with a solution of oxalic acid and water—a teaspoonful of the acid to a quart of water is about the right proportion. Scrub hard with a stiff brush, rinse immediately with clear water, to prevent the action of the acid on the cane, and the color will be restored and the seat tightened.

Enameled Furniture

Enameled furniture can be cleaned with whiting much more satisfactorily than by the usual process of scrubbing with soap and water. Take some of the powder upon a plate, dip a piece of flannel into clear, warm water, wringing as nearly dry as possible, fold into a small pad, and take up as much of the whiting as will adhere to it. Apply to the painted surface, and a very little rubbing will remove any grease or dirt. Wash well with clean water, and wipe dry with a clean chamois. (For enameled wood, see page 113.)

Upholstered Furniture

To clean upholstered furniture, cover the material with a towel and whip with a rattan. Wash all visible wood in tepid soapsuds, dry it very quickly, then rub hard with a flannel and a few drops of kerosene. This is for walnut, cherry and oak in any finish. Mahogany merely needs to be wiped with a damp cloth, then rubbed with a clean flannel. Brush the upholstered parts very hard, then wipe them quickly with a cloth wrung dry out of clear hot water. Follow this with a clean white flannel dipped in alcohol. As soon as the flannel shows dirt, wash it clean in tepid water; otherwise the alcohol will dissolve the dirt and deposit it in streaks upon the surface of the fabric.

Clean out tuftings with a little swab of cotton wool tied on the end of a stout skewer and wet with alcohol. Throw away the cotton as soon as it gets dirty. Clear alcohol lightly used will not mark the most delicate brocades, but the swab must not be wet enough to trickle under pressure. Clear the intricacies of carved wood with the same sort of swabs, but take especial pains not to have them too wet.

Willow Furniture

Wash willow furniture with warm water and pure soap, wipe very dry with a soft cloth, then dry in the sunshine or near a fire.

In cleaning bedsteads and bedclothes all should be minutely inspected; all bedclothes should be aired thoroughly. Treat all bedsteads with a dose of strong alum water and turpentine to free them of bedbugs. The bedsteads should be taken apart and washed with good soapsuds all except the varnished part, which should be washed in clear water in which has been put the least bit of borax; then they should be thoroughly rubbed with a furniture polish made by mixing together equal portions of linseed or sweet oil, turpentine and cider vinegar. Shake well before applying and polish with a woolen cloth.

To Restore Finish

To restore the finish to furniture woodwork, wash it thoroughly with warm water, using a soft cloth. The dullness of highly polished surfaces on furniture is due to dirt, and polishes increase the evil by collecting more dirt. Rinse well, and wipe dry. If very dirty, use a little soda in the water.

Furs

Warm some clean bran carefully in a pan, stirring occasionally with the hand to prevent its burning. Rub the warm bran into the fur for some time, then shake and brush it until it is free from

bran. The fur will clean better if the lining and stuffing are removed and the article spread out on a flat board or table.

Gilt

Gilt may be cleaned with cold water and half its quantity of vinegar. Apply with a soft brush. Dry quickly with a clean cloth.

Gilt Picture Frames

Gilt picture frames which have become discolored with fly marks and dust may be freshened and brightened by rubbing lightly with hot spirits of wine or oil of turpentine, applied with a small sponge. Use the liquid sparingly—just enough to remove the dirt. Let dry by itself, coating the frames afterward with copal varnish. They will be greatly improved in appearance, and can thereafter be more easily cleaned. If the varnish, which is a preservative, is put on new frames before the pictures are hung, the fly spots and all other dirt can be washed off without danger of injuring the gold leaf.

Gilt Furniture

Clean gilt furniture with sifted whiting made into a cream with alcohol. Cover a small space at a time, and rub off before it hardens. If a spot sticks, touch it very lightly with clear alcohol. If there is much dirt or deep tarnish, wash quickly with borax soapsuds, wipe dry, then cover with the wet whiting, and let it dry. Brush it off with a stiff brush, and polish afterward with a soft leather.

Glass

Clean the glass of mirrors and windows with water softened with ammonia, and use no soap. Use a sponge for washing, dry with a clean, dry cloth, and polish with another. A bit of blue in the water in which glass is washed adds much to its brilliancy.

Gloves

To clean kid gloves with gasoline, put the fluid in a wash bowl, the gloves on the hands, and wash thoroughly. Then take clean gasoline, and rinse, remove the gloves from the hands, pull into shape, hook together, and hang across a line until the odor has all disappeared.

If the tips of the fingers are not perfectly clean, rub them with a cake of magnesia.

Undressed kid gloves may be cleaned in like manner.

Hats

Clean a white felt hat with French chalk. Sprinkle it thoroughly over the hat, and let it remain over night. In the morning brush off the chalk.

To clean a straw hat purchase five cents' worth of oxalic acid. Use one teaspoonful of the powder to a saucer half full (or more) of luke-warm water. Lay the hat on a flat surface and scrub all over with a tooth brush dipped in the solution. Do this as quickly as possible. Have a basin of warm water at hand; dip a sponge in and squeeze half dry, going over and over the hat, then wipe as dry as possible with clean, soft cloths. Fill the crown half full of paper to keep it from sinking as it dries, and let it rest on a flat surface.

Ivory

Ivory carvings which have darkened or become discolored may be restored to their first whiteness by exposure, under glass, to the rays of the sun. Remove the dust by brushing with warm water and soap, place the carvings under glass, and turn from time to time so that all sides will be equally bleached. Or brush with pumice stone, calcined or diluted, and place under glass while yet wet, exposing to the sunlight until perfectly bleached. Ivory-handled knives may be cleaned in this way: Coat the steel with wax or paraffin, and immerse the handles in a solution of chloride of lime and water, in the proportion of one part of lime to four of water. Leave the knives in this bath for a day, then wash well with warm water, and wipe dry. Remove the wax if the bone is perfectly white and free from stains. Or dip the handles in a saturated solution of alum and water for from one to three hours, then wash, and wipe dry. This latter method is preferable unless the handles are very much

discolored and darkened. Polish the blades with putty powder, using a buffer wet with alcohol. This will not stain the ivory.

Knives

To clean knives easily, rub them with a flat cork dipped in slightly moistened knife powder. Afterward polish with a duster.

Lamp Burners

To remove tarnish from lamp burners, take the water in which beans have parboiled, and let the water boil briskly over the burners for thirty minutes. Wash in warm soapsuds, and they will look like new.

Leather

One good recipe for cleaning leather is as follows: Mix well one pound of French yellow ocher and one dessert spoonful of sweet oil; then take one pound of pipe clay and one-fourth of a pound of starch. Mix with boiling water. When cold, lay the mixture on the leather, and when dry, rub and brush well.

Leather chairs and leather bindings can be brightened by being rubbed with a cloth which has been dipped in the white of an egg.

Linoleum

Linoleums should be treated to a bath of clear water, then polished with sweet milk to which a teaspoonful of glycerine has been added. Some suggest beeswax dissolved in turpentine.

If linoleum is losing its freshness, it may be restored and made to last twice as long. Melt a little ordinary glue in a pint of water. At night have the linoleum clean and dry, go over it with a flannel cloth dipped in the glue water, and by morning it will have a fine, hard gloss.

Marble

To remove discoloration from marble-topped tables, bureaus, etc., coat with a paste made from sodium carbonate, two parts, pumice stone, one part, and finely powdered chalk, one part. Mix with water, and apply.

To clean smoky marble, brush a paste of chloride of lime and water over the surface. Marble ornaments may be cleaned if only soiled with dust by washing with strong soapsuds. Rinse in warm water, and dry with a soft cloth.

Matting

To clean matting, sweep it twice, first with a stiff broom, working along the grain of the straw, then crosswise with a soft broom dipped in warm water. This brightens all sorts of colored matting, and also in a measure saves it from fading.

Matting may be freshened by washing it with a weak solution of salt and water, and carefully drying each portion as it is washed. This method of cleaning keeps the matting from turning yellow.

Mirrors

See "Glass," page 103.

Nickel

Wood ashes will restore brilliancy and remove dark color from nickel. Apply with a piece of crash toweling, rubbing briskly, and the discoloration will disappear.

An easy way to polish nickel on a kitchen range when it becomes greasy looking is to wet a soft cloth with kerosene, rub quickly, and polish with a piece of chamois. Of course, the fire should be out.

Oil Painting

To clean an oil painting without injury, cut a raw potato in half and rub quickly over the surface, after which polish with a silk handkerchief to remove dust or dirt.

Paint

For cleaning paint use soft water and ammonia—two teaspoonfuls of ammonia to one gallon of water. The same is good for hard, oil-finished wood. Wipe dry, after which polish with a mixture of two parts of linseed oil and three parts of gasoline or vinegar.

Plaster

Plaster ornaments, vases, etc., may be cleaned with clear starch mixed with water. When dry brush off.

Porcelain

To remove dirt from porcelain wash bowls, bath tubs or sinks, dampen a flannel cloth in gasoline and rub over the places. The dirt will disappear and leave the surface smooth and clear.

Shawl or Hood

One good way to clean a white woolen shawl is the following: Brush all the dust out, spread the shawl on a table, and sprinkle over it a quantity of finely ground starch (rice or potato, not wheat). Then fold the shawl into a square, powdering liberally between the folds. It should be put away for several hours, then opened and dusted.

White Angora hoods for little girls may be cleaned with flour. Rub it thoroughly into the hood and shake out.

Silver

For cleaning and polishing silverware try salsoda (common washing soda) in the proportion of a lump the size of an egg to one gallon of water. Put it in a vessel large enough to hold the pieces of silver so that they will be covered by the solution. Place on the stove, bring to the boiling point, put in the silver articles, and let them remain five minutes. Then remove from the cleaning bath, place them in a dish pan, rinse thoroughly with clear, hot water, and wipe dry with a soft cloth. This will remove all the black tarnish, leaving the articles like new.

To clean silver spoons, knives and forks in every-day use, rub with a damp cloth dipped in baking soda, and polish with a piece of chamois leather.

To keep silver bright in a china closet, hide a lump of camphor behind one of the articles on each shelf.

Sink

A little paraffin oil rubbed on with flannel will clean a greasy sink.

Stove

Wash a stove with vinegar before polishing, and mark the result.

To prevent stove blacking turning brown, mix it with a little ammonia.

Tinware

If new tinware is rubbed over with fresh lard, then thoroughly heated in the oven before it is used, it will never rust afterward, no matter how much it is put into water. If the tea pot or coffee pot is discolored on the inside, boil it for a short time in a strong solution of borax, and all its brightness will return.

Brown paper moistened in vinegar will polish tins.

Velvet

To clean velvet, rub with a piece of the same material dipped in spirits of turpentine, turning the piece as it soils.

To renew velvet, cover the face of a flat iron with a wet cloth; hold the wrong side of the velvet next to the cloth until thoroughly steamed, then brush the pile with a soft brush.

Vinegar Cruets

Chopped potatoes and a little soda or ammonia will remove all cloudiness or discolorations in carafes or vinegar cruets.

Wall Paper

Coal smoke may be removed from wall paper by rubbing it with bread crumbs.

Windows

See "Glass," page 103.

Woodwork

Dust all the woodwork before washing; never use soap on painted or varnished woodwork. A little washing powder can be added to soften the water, but very little. If the woodwork has become very dirty rub with kerosene or turpentine after washing with the water.

Zinc

Brighten the zinc under the stove by rubbing with raw potatoes.

A zinc bath tub may be polished with kerosene. Have the tub dry before using the oil, cover one small place at a time with the oil, rubbing it well with a brush and then with a cloth. When all has been gone over, wash the tub with boiling water.

nts can be driven away by tartar emetic. Five cents' worth divided into three saucers, mixed with sugar, and placed where they are troublesome will eradicate them.

A strong solution of alum water poured over places infested with ants, cockroaches or spiders will disperse them.

Rubbing shelves with carbolic soap is effectual, and an excellent disinfectant besides.

Put tansy plant under boxes or edge of carpet.

Bedbugs

A preparation containing corrosive sublimate is the quickest and surest exterminator of bedbugs. It should be applied to the bedstead, and along the edges of the carpet and woodwork by means of a paint brush.

Gasolene used with an atomizer or a feather is also good, but it usually requires three or four applications to effect a complete "cure."

A mixture of kerosene and turpentine may be used with good effect.

Fleas

Fleas may be driven away by scattering either lime or cayenne pepper in the places which they frequent. Oil of pennyroyal is good, as well as oil of lavender.

Flies

No one can fail to understand the necessity of keeping flies out of the house. Nor does any one need to be told of the manner in which flies carry contagion and all kinds of disease germs from place to place, leaving infection on dishes, food or any object on which they chance to alight.

In every home, if all windows are not made fly proof, at least those of the bedrooms, dining room, kitchen and cellar should be netted in some fashion. Bouquets of sweet peas or bunches of drying clover are said to discourage the visits of flies, and there are several methods of ridding a room of these unwelcome guests, but the best housewives provide first for keeping them out of the house entirely.

On days when the flies seem inclined to "settle" on the doors take a cloth, wet in coal oil, go outside, and rub over the screen two or three times a day, and the flies will quickly go away. If they get in the house, open the doors and windows of the room, pour a little gasolene in a pan, and set fire to it. This will rid the room of the flies much more quickly than if you "whipped" them out.

Fly paper is made as follows: Take equal parts of melted resin and castor oil, and spread while warm on strong, thick paper. Or use four ounces of quassia chips boiled in one pint of water. When cold strain, then add water to make one pint, and two ounces of alcohol. Sweeten with sugar, and pour into saucers.

Mosquitoes

The best preventive is tight screens and constant vigilance. Coal oil poured on pools containing stagnant water will effectually stop all mosquito breeding. Rosemary sprinkled around the bedroom and on the bed will repel them.

Castor beans planted near the doors will keep out flies and mosquitoes.

Moths

The most effectual method of rendering a house moth proof is thorough spring and fall cleaning. Two of the arch enemies of moths are cleanliness and light. Attics and storage rooms require light and ventilation. The cedar chest or closet ranks first as a preventive. Moth balls are efficacious, but one prefers the moth almost. Furs, especially, fascinate moths. The preliminary step is a thorough combing with a comb; next, beat well, and air in the sunshine; then, sprinkle with gum camphor, cedar dust or tobacco leaves. Place the furs in paper sacks, turn the edges over, and paste down with a strip of muslin. Printers' ink is obnoxious to moths. Balls of cotton wadding saturated in oil of cedar are effectual in trunks. Remember this, oil stains. Carpets if infested must come up, be beaten and cleaned. Wash the floor with benzine,

then sprinkle with cayenne pepper. Tack down the carpet, and sponge with a solution of one quart of water to one tablespoonful of turpentine, changing the water frequently. A preventive is to press every inch of the edge of the carpet, first dampening, then pressing with a hot iron. Lay a damp towel on the carpet, over this a paper to retain the steam, then iron. Steam destroys.

If a moth miller is seen in a closet, it is a good plan to burn a little camphor gum in the closet very promptly. This simple precaution if taken very early in the spring, will rid the closet of moths for the season.

Roaches

Scatter powdered borax under the paper on kitchen and pantry shelves or in places frequented by the roaches, blowing it into cracks and crevices. The borax should be distributed freely and allowed to remain.

Mice

Copperas is useful not only for disinfecting sinks and drains but is a strong ally in the warfare against vermin. Walls and floors of cellars and storerooms which are washed with a strong solution of copperas are free from pests, and also from rats and mice, which will not stay near places where it has been used. It may be used in the whitewash with good results.

Chloride of lime sprinkled about and peppermint sprigs laid around shelves and other places, are also effective.

Rats

To destroy rats, fill any deep, smooth vessel of considerable capacity with water to within six inches of the top, cover the surface with bran, and set the vessel in a place most frequented by these pests. In attempting to get at the bran they will fall in and be drowned.

WASHING AND IRONING

Ammonia bleaches yellow flannels, and keeps them soft. It is good in washing lace and fine muslin.

Kerosene

Kerosene simplifies laundry work; a few spoonfuls and a very little concentrated lye in the wash water will make washing less laborious. A few drops of kerosene in starch will prevent it from sticking, and the same amount on a cloth on which flat irons are rubbed while ironing, will prevent scorching.

Gum Water

Gum water, which can be used to slightly stiffen lace, is made by simply putting one ounce of gum arabic into half a pint of boiling water and stirring over a gentle heat until dissolved. One teaspoonful of this in half a pint of cold water is the right proportion.

Javelle Water

Javelle water will bleach linen. (See "Cloth," page 100.)

To Clear Muddy Water

A little cornmeal stirred into a pailful of muddy water clears it quickly by carrying the mud to the bottom.

Substitute for Rain Water

As a substitute for rain water, the following method for making hard water soft is useful: Set a laundry tub full of water, into which has been put two pounds of common soda, to stand all night. In the morning pour off the water (leaving the white sediment at the bottom of the tub) and it will be perfectly soft. The simple plan of boiling water has the effect of softening it somewhat, but is not nearly so efficacious in counteracting "hardness" as the method advised.

"Setting" Colors in Wash Goods

Alum in the rinsing water will keep green from fading. Linen suits and shirt waists should be washed in hay water (made by pouring boiling water over hay), and they will keep their color for a long time. One ounce of sugar of lead dissolved in a pailful of water will set almost any color, and is especially good for blue prints. Soak the goods for two or three hours, and let dry in the shade before washing with soap and water. Do not try to boil tinted or figured goods, and do not use washing soda or strong soaps when washing them. If they are much soiled, a handful of salt thrown into the water will set the colors. Use warm or nearly cold water in which to soak these things. It is much better than hot water, and the dirt loosens quite as readily. Use oxgall for setting the color in gray or brown goods, and vinegar in place of salt to set the colors in black, purple and heliotrope.

Bluing for Blue Prints

Starch made deep indigo by the use of bluing should be used for navy prints or linens, while water in which bran has been boiled, when strained and cooled, is especially nice for colored lawns and dimities, giving them a clear, new appearance.

Washing Black Cotton Fabrics

Black lawns, percales, dimities and all mourning prints will not run or fade if spirits of turpentine, in the proportion of one tablespoonful to each pailful of water, is used in rinsing after the dress is washed. The same may be said of black satin underskirts.

Gum arabic water, gelatine or thin glue water is recommended instead of starch for black dresses.

To Freshen a Muslin

Sometimes when a muslin becomes limp but not soiled, it may be freshened without washing by sprinkling with gum arabic water, then ironing. After starching, turn the dress wrong side out, dry in a shady place as rapidly as possible, sprinkle, roll in a towel for a short time, then iron on the wrong side, finishing by pressing the rough seams and edges on the right side. Before beginning to iron see that the flat irons are perfectly clean.

To Wash Flannels

Place the garments in water that is comfortably hot. The soap should be boiled in the water and not rubbed on the garments. To every three gallons of water add one and a half tablespoonfuls of liquid ammonia; this helps to remove the grease. Let soak an hour, then wash by drawing through the hand. Do not rub woolen garments. Rinse twice in lukewarm water. They should be hung up lengthwise.

To Wash Easily

One way of washing easily is to boil the clothes before rubbing. Put them into a big boilerful of cold water containing plenty of soap, with either a tablespoonful of washing tea, ammonia or borax. Let boil twenty minutes, then rub out lightly in plenty of water, and let lie in the bluing water a little while. If plenty of soap and water is used, and dry clothes are not put in hot water, they will be as immaculate as though washed in the old fatiguing way.

To Remove Scorch

If in ironing, an article is scorched, soapsuds and the hot sun will remove it. Unless the linen has been burned, the color can also be restored by the immediate use of hot water. Rub the scorched places thoroughly with a cloth which has been dipped in hot water. After laundering a second time it will be found that the yellow has entirely disappeared from the linen.

To Make Cold Soap

Dissolve a box of lye in three and one-half pints of cold water, stir slowly into five and one-half pounds of clean melted grease. Stir ten minutes. Pour into mold and let set twenty-four hours, then cut into squares.

To Clean Flatirons

One good way of cleaning flatirons is to rub them on green cedar.

HOW TO PACK A TRUNK

HALF the pleasure of making visits and of traveling is lost by the difficulties entailed in trunk packing and the fear of possible ruin to one's newest and prettiest clothes, which of course must be taken along.

Packing an Art

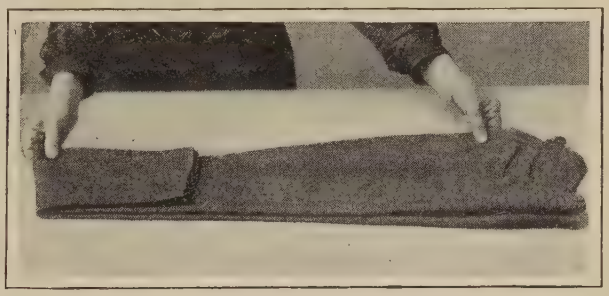
Packing is an art, and an extremely satisfactory and economical art in which to be proficient. People who visit or travel much lose more money in trunk-ruined clothes than they do from the wear and tear of actual use.

Two Things Necessary

There are but two things necessary for faultless trunk packing—time and tissue paper. It is absolutely necessary to take the time to sort out and fold clothes carefully and fit them to the space of the trunk, then to fill every crushable sleeve or puff or fold with rolls of tissue paper. Pack skirts, petticoats, lingerie and negligées in the bottom of the trunk, waists in the special trays, and hats in the hat trays, unless a hat box is used, which is much better.

Skirt

Fold a skirt with the side seams folded lengthwise, leaving the front gore flat, until it is just the width of the trunk; then place it full length of the trunk, folding the top over, and fitting in a roll of paper in the fold. Never fold a skirt three or four times and put it haphazard in any part of the trunk, or it is bound to be ruined.



Trousers Should be Folded in This Fashion

Stuff a Silk or Chiffon Waist Full of Tissue Paper

Fancy Waists

All fancy waists should be hooked together, stuffed with paper, and the stuffed sleeves laid close to the sides. Place the waist lightly in a commodious tray, and with long pins pin tight in the tray.

Shirt Waists

Shirt waists are not stuffed with paper, but are laid flat in the second tray. If they are of light material, a little paper may be placed under the fronts to keep them from sagging.

Hat Trimmings

Hat trimmings are puffed

out with paper, the crown is stuffed full of paper, and the hat pinned in the tray. It is a great mistake to stuff out hats and waists with heavy wearing apparel. It only does injury by additional crushing.

Books and Boxes

Do not pack books and little boxes in with clothes. Fill the corners of the

Keep the Sleeves Flat and Smooth—

trunk with stockings and any small pieces of lingerie, and put books and boxes in a shawl strap, and all toilet articles in a hand-bag.

Boots and Shoes

Boots and shoes should not be packed over wooden forms, but stuffed with tissue paper, and packed in a tray by themselves; or if very light weight, they may be used to fill corners. Fill the corners of the tray where the hats and waists are placed with cushions of tissue paper.

Men's Clothing

In packing men's clothes, fold the trousers in the front and back creases, fit them in the length of the trunk, and turn up at the foot, placing tissue paper in the fold.

Coats

In folding any sort of coat, first lay the coat on a table, then place the sleeves flat on the back pieces, and last turn the fronts over the sleeves, and pack the coat this width if possible. If too wide, then fold together down the middle of the back. No tissue paper is needed in the coat unless it is in this last fold, or unless a very little paper is needed at the top of the sleeve.

Shirts

Where there is no special tray in a man's trunk, pack the shirts in the flat second tray, filling in the corners with socks and underwear.

Silk Hat

It is a dangerous experiment to try to pack a man's silk hat in a trunk. It cannot be pinned in tight, and the least slipping about is ruinous. A hat box is almost indispensable with a dress hat.

Use of Cardboard Boxes

Some women get large flat cardboard boxes such as are sent out by tailors, pack a dress in each box, and place one on top of another in the bottom part of the trunk. Dresses of the most crushable materials packed in this fashion with tissue paper simply cannot muss.

And Then Fold the Coat Like This

But using up all the space in this way means taking a second smaller trunk for underwear, bath gown, boots, shoes and corsets. Two small trunks are however to be preferred to one very large one. A small trunk is more easily packed, it is in every way more comfortable to handle, and may be used where a large trunk would be cumbersome.

STAINING WOODWORK

ACH year, as some portions of the house need overhauling, the perplexing question, "How shall I do it?" arises.

It is not often possible to employ a painter or carpenter, whose time added to the cost of materials usually results in a large bill; and if it were, there are many things about the home that the owner has an interest in doing.

Hardwood Floors

Hard floors require oiling and rubbing twice a month to make them presentable, and every year or two they will wear off, so that a new coat of stain and varnish will be required on the worn places.

The reddish, yellow or brown tones of the stained floor can readily be matched with home-made stain composed mainly of turpentine, into which is mixed a portion of burnt umber, yellow ocher or burnt sienna, according to the tone of the old stain.

Stain and Varnish

Combined stain and varnish is not desirable on old floors, and is not particularly pleasing on new ones. It is always best to apply the stain first, in a thin coat, with a flat brush, and after allowing it to dry a day, go over the entire floor with a coat of hard-oil finish, or better yet, a coat of spar composition. When mixing the stains, they should not be too thick with the coloring pigment, nor laid on too thick with the brush.

Where floors are worn in the middle, leaving the edges nearly as good as new, the color of the stain must be carefully matched, so that a patchy appearance may not be the result.

At a hardware or paint store the raw umber, burnt umber, burnt sienna or yellow ocher ground in oil can be had in small cans, or the dry powders may be used. Clear turpentine will be all that is required to thin the ground color or act as a medium for the dry colors, which will appear much darker when mixed with the turpentine. If the turpentine should be very thin, however, a small portion of Japan drier may be added to lend more body.

Preparing and Applying Polish

A hardwood floor will not require staining and varnishing as often as a softer wood, and the latter kind may be greatly preserved by the occasional application of beeswax and turpentine, rubbed off with woolen cloths. The polish is prepared by adding two ounces of shaved beeswax to a pint of turpentine, and placing in a warm room or near the stove (not on it) until dissolved. It should be shaken well before applying, and it may be rubbed well into the wood with a thick woolen cloth or a stiff hair brush. In thirty minutes it will have worked into the wood sufficiently; to remove the surplus and polish the surface of the flooring use thick, dry woolen cloths. Brushes and buffers are sold for this purpose, but a very good home-made one can be constructed from a stout hoe or rake handle and a block of wood three inches high, four inches thick and ten inches long. The block is shod on the bottom with several thicknesses of felt or thick woolen cloths drawn up on the front and back and securely tacked. Over this a single or double thickness of woolen cloth or felt may be drawn and tied, and when crusted and stiffened it can easily be removed and replaced by a new one.

When a high gloss is not desired, the varnished floors may be rubbed with a woolen rag and crude oil. The oil should not be poured on the floor, but applied with a rag, and even then not a great deal, as too much oil makes a dust catcher and will soil the edges of skirts, rugs and whatever else comes in contact with it.

Doors and Casings

The doors, casings and surbase of rooms when in natural-finished wood should have an occasional rub with an oiled rag. Floors, of course, having much more wear necessarily require more frequent treatment with a medium that will resist wear as much as possible. Rugs will prevent a certain amount of chafing, but sand, dirt or grit on the shoes is a serious menace to any hard floor, and should be guarded against as much as possible, for no coating or polishing medium can resist its cutting abilities.

Removing Paint and Varnish

Wood that has once been painted cannot be successfully cleaned off and stained, nor can a stained surface be changed in color to give really satisfactory results. Paint and varnish can be burned off, but it takes an expert to do this, and little or no satisfaction is gained by an amateur.

There are several preparations on the market to remove varnish and stain, but when removed and new stain and varnish are applied the result is not by any means satisfactory, unless in the event of desiring some of the artistic old Dutch, Flemish or "Mission" effects.

To Change Color Scheme

Where a direct change of color scheme is desired in an old room, and where it is impossible to remove the paint from the woodwork, all the painted surfaces of doors, jambs, surbase, window frames or any other wooden parts should be thoroughly washed with a scouring soap, then sandpapered down to remove all the brush marks or rough places. For this use No. 1 sandpaper, and when going over flat surfaces like doors wrap the paper around a block of wood and better results will be obtained. Decide on the color scheme, then purchase the dark olive green, soft old red or neutral gray, or whatever color is desired. This should be thinned with turpentine (not oil), and applied in two thin coats. When dry it will have a dead finish that is without gloss.

It is much easier to purchase the colors ground in oil in the proper shade than to mix them; but if the right shade cannot be had, then the paint must be mixed.

Black

A very good black for wood is made by dissolving dry lampblack in turpentine to the consistency of milk, then adding an ounce of Japan drier to a quart of the paint. The drier forms a sticking and drying medium. If one coat does not cover properly, then add another in a day or two after the first one has been applied. This black may be used for metals, such as gas fixtures, knobs, escutcheons, hinges, lock plates and house hardware, but a more durable black can be made by adding dry lampblack to metal lacquer, and thinning with alcohol if necessary.

Weathered Effects

In woods, where the "weathered" effects are desired in gray, green weathered oak and silver ash, in imitation of Nature's colorings in the fields and forests, some very good results can be had by making the stains and applying them at home. For those who desire to treat woodwork, a few formulas are here given:

Gray

For the gray tones, from light to dark, add to turpentine enough Payne's gray dust, or color ground in oil, to make the desired shade when tried on a piece of wood. To hold the color fast when the turpentine penetrates the wood and evaporates, it will be necessary to add one ounce (fluid) of Japan drier to each pint of turpentine. The stain is applied to the wood with a bristle brush, and allowed to stand for a few minutes, when the surfaces can be wiped with cheese cloth or an old towel that is soft and absorbent.

A small portion of terre verte will give the gray a slightly greenish cast which is very pleasing.

Silver-Gray

The silver-gray is made with the Payne's gray and a small portion of white lead, to give the fluid a slightly milky appearance. Too much lead will act badly, while not enough gives a thin and streaked appearance. A trial can be made on a piece of bare wood before the final woodwork or furniture is treated.

Green

The green tone is obtained in the same manner as the gray save that olive green dust is added to the fluid.

Brown

The brown can be had in several tones by using cappa brown, Vandyke brown, burnt umber or brown ocher tempered slightly with a dash of ivory or vine black.

Testing Stain

It is best to make an experimental test with all the stains before applying them to the articles to be coated, as often a slight error in getting the right tint may lead to the unsatisfactory coating of a surface that cannot be corrected after the stain is once on. On some woods two thin coats well wiped off will give a better result than one coat heavily applied, as the thick coat cannot always be wiped evenly in the corners or joints, and will appear darker in these places, unless perhaps it is desirable to have a shaded and uneven effect in the staining.

To Restore a Chair

Often an old chair, comfortable and of good shape, is consigned to the attic on account of its disreputable appearance. A new seat of some plain material and a change of color scheme will give it the appearance of a new chair. A good black is made by dissolving shellac in alcohol to the consistency of milk, then adding dry lampblack until it is about the thickness of cream. Be careful to thoroughly mix in all the particles of black, then apply the paint in two thin successive coats with a flat brush. The paint will dry hard and with a dead finish. If a slight gloss is preferable to the very dull black, a little more shellac may be added.

Natural-Finished Woodwork

For natural-finished woodwork that has become scratched or dented, like the lower part of doors, surbases and window sills, there is nothing better than a coat or two of shellac—the kind you can prepare at home by adding the dry yellow flakes to ninety-five-degree alcohol. It will dissolve in a few hours if it is shaken occasionally, to allow the alcohol freedom in attacking the flakes. Shellac is always a convenient form of varnish to have in the house, as it is a simple "healer" for a scratch, a dent or a mar on furniture and woodwork.

Enameled Wood

For bath rooms, laundries, nurseries and closets there is nothing better than white or cream-colored enamel. It is pleasing in appearance, easy to keep clean, and is about the most durable coating that can be applied with a brush.

Any woodwork, metal or glass can be coated with enamel, and if the surfaces are properly cleaned before it is applied it will hold better than any paint. There are several good formulas for enamels that can be made at home, but the following will prove available for anything:

To one pound of white zinc and two pounds of white lead add damar varnish to thin it to the consistency of thin cream. Mix the ingredients thoroughly, and apply with a flat brush. Scrub and sandpaper all surfaces to be coated, and cover them with one thin coat of ordinary white paint, then lay on two successive coats of the enamel. The varnish in enamel paint, if not too stiff, will creep smooth so that no brush marks will show as in paint. Before the last coat is applied the surfaces should be rubbed lightly with No. 00 sandpaper, to remove any slight roughness.

To keep enameled surfaces clean they will require only a rubbing with a soft cloth and cold water, but to remove grease add a small portion of borax to the water or try a little soap. Scouring soaps only cut away the enamel. But as the paint is not expensive to make it is sometimes better to recoat surfaces than to try to scour them back to their original color.

This enamel is also good for furniture and for iron beds, children's cribs, kitchen sinks and the outside of iron bath tubs, but for the inside it is best to purchase a hot-water enamel paint, as it will not be possible to make that.

Fine Furniture

For fine furniture a very good cream is prepared by shaving finely two ounces of beeswax and half an ounce of white wax into half a pint of turpentine. Set in a warm place until dissolved, but do not place it on the stove. To half a pint of water add an ounce of castile soap and a piece of resin the size of a small nutmeg. Boil these until thoroughly dissolved, then add to the turpentine mixture. Mix them thoroughly, and keep for use in a wide-necked bottle. This preparation cleans well and leaves a good polish.

POTPOURRI

THE time for this delightful part of the fine art of housekeeping comes in the latter part of the summer, contrary to the accepted idea of it as a summer duty. And there is a great deal in making potpourri, or "sweet-jars," as the old English name goes, which is quite different from the general notion.

The excellence of potpourri lies in its health-giving quality. It not merely makes the rooms smell sweet; if strong enough and in quantity enough it also purifies and changes the air. Due care in other respects being taken to air the rooms and sun them daily or oftener, children are less likely to contract throat disease where the house is spicy with aromatic leaves and flowers. Convalescents and consumptives gain great relief by living in such air, and in olden times judges who were exposed to the risks of catching the putrid jail fever from the unfortunates they were compelled to try, felt safer for a large bundle of aromatic plants and spices burned on a hot shovel or brazier in the court room.

Proportions

The proportions for good potpourri are something like two pounds of orris and spices to a full bushel of dry flower petals. Flowers are to be gathered any time in the year in any quantity. If only a small quantity, such as a rose or two or a score of roses, offers at a time, put them in a small jar—one of the porcelain pots three or four inches high serving such purpose—and the scent will not lose itself in the air, as in a large jar. Remember this rule for all perfumes, flower leaves, perfumed spirits or essential oils and keep them in a vial or pot which will exactly hold them. As your perfumery is used, put it in a smaller bottle, and it will keep strength better. It is economy to buy perfumes and fragrant oils in such quantities as you are likely to use in a short time, in order to keep freshness and quality.

Kind of Flowers

The woman who would revel in potpourri must fill her garden with sweet-scented plants and flowers, especially sweet geraniums and lemon verbena. The latter, a bushy, well-clad shrub, will grow ten feet high the first summer in a Northern garden if well cared for, and every inch of twig, stem and leaves exhales undying fragrance, living or dead. Next to this comes lavender, which is fragrant even to the dried root and bark. Save these for potpourri. When no longer safe to leave the plants outdoors for fear of frost, pull them up by the roots, hang head downward in a dry, sunny room, with the windows open, until the leaves curl, then strip them from the stem, and with a sharp knife slice twigs and stalk into inch pieces with a slanting cut; let them lie over night, then put the leaves and all into a stone jar with a tight cover.

Jar Used In Preparation

The best of all jars for potpourri in the stage of preparation is a straight-sided, thick stone jar, with a cover ground to fit. If a pottery is near, you can have jars made for the purpose, with an inside cover of unglazed ware, and a third cover or disk of thick stone, which will slide down inside the jar and rest directly and weightily on the leaves, pressing them into a mass, which holds its odor tenfold better than when left lying loosely. This is one secret of potpourri making—to keep spices, petals and leaves under firm pressure.

Geraniums

As for the scented geraniums, lemon geranium, rose geranium, nutmeg and mint-scented, keep the flower buds nipped through the season, that the strength of the plant may go into the leaves, giving an extraordinary quantity of them of high fragrance. Gather before frost, and shred the leaves into half-inch bits on a cheesecloth sheet, and dry until they shrivel, but are not crisp. They take much longer to dry than lavender and verbena leaves; keep them spread out as thin as possible in drying.

Roses

Roses and all flowers absorb dew and rain like so many silken sponges. There-

fore, gather them on dry, sunny afternoons, immediately pull from the calyx, dry the leaves on a sheet of scrim or mosquito net or burlap, and hang by the corners on a porch or in a dry room, so that air can reach them from all sides. When the petals curl they are ready for the jar.

Pickling

It rather spoils the refinement of the process to know the next step is pickling the roses and gillyflowers and sweet things, but this is indispensable for the fragrant, moist potpourri, which is the finest product. You can dry the flowers, and immediately pour them into a glass or china jar, but they will not keep fragrant half as long in the dry potpourri. You must do as the flower distillers of the Reviera have done for a century, and salt the petals down, whether you have them by the hogshead, the hundredweight or the ounce. Much depends on the salt used. Equal parts of good bay salt (which is coarse and must be pounded as for ice cream packing) and of the fine, pure, dry Liverpool table salt (which seldom grows moist) is the correct mixture. If the Liverpool salt is not convenient, dry the best table salt you have in the oven, roll fine, and mix with the bay salt. Put in a dredging box with very coarse holes, sprinkle a thin layer like frost in the jar, put in two large handfuls of dry flowers, and frost them well with salt. Next you must press them with a disk of pottery, stone or lead which fits closely in the jar and has an upright handle like a churn dasher, which can be taken off easily. Press the flower leaves and salt firmly into a mass. Another double handful of leaves requires another sprinkling of salt and pressing. When all is in for the time, the handle is detached and the disk left in the jar with a twenty-pound weight on it, and the close cover at the top. Every day for six weeks drain off the liquid from the flowers or leaves, aiming to have the mass as dry as it can be, and yet moist—that is, not allowed to be moist enough to drip in the least. As flowers collect, dry until they shrivel, and add with salt to the jar. It is well to keep the coarse leaves salted and pressed in a separate jar until the final mixings.

Perfume

The ordinary potpourri smells inordinately of cloves and allspice, which suggests a limited use of these excellent strong aromatics. Suppose you have six quarts of dry flowers and leaves. For these mix one fourth of an ounce each of mace, cloves and cinnamon in coarse powder.

Why coarse? Because the essential oil, which is the perfume, evaporates quicker from fine particles than from large ones. To these add one ounce each of gum benzoin, pounded coarse, and of orris root, sawed or chipped. Stir together, put in a jar that will hold the stuff, press firm, and cover tight. When the flower petals have drained off their moisture, in a month or six weeks, turn the moist mass into a very large bowl, ewer, unpainted firkin or tub. Break it up with a stout galvanized iron cooking fork, and add the spices handful by handful, stirring with utmost thoroughness. Have yet another ingredient, in the peels of fragrant Florida oranges, and the best lemons pared thin and packed in layers, with a sprinkling of ground clove and pimento—just a sprinkling—pressed very firm, and sealed until wanted. Sprinkle this sweet stuff in the mass, also sandalwood sawdust if accessible, and red cedar dust and gum myrrh by the ounce in powder. Pack the consolidated fragrance into the final receptacles, which may be huge china vases with double covers, made for keeping perfumes, or pottery, or the device of yourself and the neighboring potter, in thick cream or buff clayware. As the stuff is pressed down, every four inches pour in one half pint of the best bay rum scented with the wild orange, or such strong aromatic fragrant spirit as you prefer, using just enough to saturate the mass, but not have it wet. When you can crowd no more into the jar, cover close, and leave for three months before opening again, that the perfumes may blend and work upon each other. The perfection of the result will satisfy you for the waiting.

BOOK V.

Earning a Living

Preparation for Self-Support—Do One Thing Well, The Blessing of Work, Need of Independence, Initiative. **Occupations for Women**—Home Making; Housekeeping; Teaching: Kindergarten Work, Governess; Domestic Science; Professional Nursing; Companion: Traveling Companion, Companion to Semi-Invalid, School Chaperon; Secretary: Social Secretary, Private Secretary; Stenography; Dressmaking; Artistic Needlework; Millinery; Art; Literary Work. **Personal Experiences in Money Making**—Woman's Employment Exchange, Ice-Cream Parlor, Tea on the Lawn, Candy Manufacturing at Home, Cake Baking, Making Brown Bread, Christmas Plum Puddings, Pop-corn, Potato Chips, Raising Squabs for Market, Poultry Raising, Raising Canaries for Sale, Taking Orders for Plants and Shrubs, Flower Garden, Raising Strawberries, Raising Early Vegetables, A Sewing Class, Making Things Over, Hemming Table Linen, Making Hand-Decorated Novelties, Salable Trifles, Knitting, Finishing Kodak Pictures, Snap Shots, Subscriptions for Magazines, Converting Local Newspapers into Cash, Entertaining, Opportunities in a College Town.

BOOK V.

EARNING A LIVING

WE HEAR very little in these days about woman's sphere. A long time ago there was a general impression that woman's peculiar sphere was bounded by four walls and a door, the walls very high and thick, the door low, narrow and strongly barred within and defended without. A host of prejudices and glimmering traditions disputed woman's right of way if she left the guarded privacy of her home and ventured into the open field. She who did so was called mannish, unwomanly or strong minded; the last epithet causing an immediate shudder in the ranks of the conservative. As for many generations it has been taken for granted that women belonged to the sheltered and guarded sex, that they were to be protected by men in every peril, that their privilege was to be shielded and taken care of, and as women are naturally disposed to be cautious, the change from past conditions came slowly into actual fact.

The truth is that woman's sphere has always been more elastic and broader than the public imagine. Going back to the period of the Italian Renaissance, we find ladies whose learning was conspicuous in an era when women were not supposed to be taught the alphabet. But for the courage and self-sacrifice of Isabel of Castile the little ships of Columbus might never have spread their sails to discover unknown worlds. Kingdoms ruled by women have not taken the least enviable places in history. By far the richest and most sumptuous monument ever erected in any clime or age is the wonderful Taj Mahal, at Agra, India, the costly offering of a bereaved Oriental monarch to the memory of a beloved wife, a woman who must have contradicted in her own person the theory that the Eastern wife is always and everywhere merely a slave or a toy. Even in the changless East there have been exceptions enough to prove the rule that the woman soul leads on.

Unfortunately, people are ready to use words without much just appreciation of their meaning, and to confuse the ideas of strength and weakness as though weakness meant gentleness and strength roughness and coarseness. A woman should never lose her quality of gentleness. It is as essential and as fine in the mother bending over her baby's cradle as in the physician attending her patient or the saleswoman waiting on a customer. Whatever a woman's work may be, she must never part with the gentle self-possession and sweet serenity that are distinctively feminine. A strong woman is seldom other than gentle. One who is weak may be fretful, self-assertive and unreasonable. The province of the stronger mind is to confront a situation and meet its requirements, to act promptly and decisively, and at all times to maintain poise and quietness. A person of strong mind is an efficient person—capable, clever and calm. A weak woman, on the other hand, assumes the air of a martyr if she cannot have her own way, and while claiming to be feminine, and therefore daring to be exacting and capricious, she is really little more than a spoiled child.

Circumstances at present have forced thousands of women to earn their living, and a woman is not less a lady because she works for her bread. Great wars, sweeping off thousands of men by death or disease, have compelled women to become bread winners. Modern education prepares women for business and professional life, and provides them with the needful equipment. The health rate of girls has steadily advanced in recent years,

physical culture being accepted as co-ordinate with beauty, while nerves and hysteria have ceased to be fascinating. Three-fourths of our daughters, when they leave school and college, look about them for something to do. Widows deprived of those whose labors brought the family income, accept the inevitable and turn to whatever comes next. One is often surprised to see how quickly a retiring little woman, who has never earned a dollar in her life, shows herself equal to an emergency, is plucky and brave, and not only supports herself, but manages to bring up her children when her husband in the midst of his years is taken away.

PREPARATION FOR SELF-SUPPORT

For her own sake, and for the good of everybody else, every American girl should be trained carefully in some special work upon which she can rely for support.

In western Europe special provision is made for the daughters of every family in which even a small property has been accumlated.

In England and Germany great care is taken to secure some measure of financial independence and comfort for the daughter of reasonably well-to-do people. In the higher classes work is indeed considered to be a calamity if it takes a woman outside of her own home, although inside the domestic lines she may black shoes or carry coal while her brothers loaf by the fire, and no one will find fault. Nevertheless, when her father dies, the family drudge usually finds careful, though meager, provision of some kind made for her future.

In our own country no such system prevails. The man reputed to be rich is pretty sure to die poor here, and he as often leaves a large number of debts and mortgages as anything else. Whatever the American man has, his sons and daughters share alike; but while their patrimony is justly divided, they do not stand on a level platform. Every American boy who is "worth his salt" is self-supporting, or expects to be. He has been prepared for an independent existence. That is his ideal.

Not so with the American girl. Nine times out of ten she is dreaming of quite another mode of life.

To such dreaming girls, immersed in romance and confectionery, it comes with a rude shock to be told that their duty is to prepare themselves to earn their own bread systematically throughout life, whether they are to marry or to go through life alone.

Among the hundreds of thousands of girls at work in the countless cities and towns of our vast country, few indeed there are who have had any special training for any work whatsoever. Brought up without any high ideals of independence or usefulness, most girls are unwillingly forced out into a busy working world, which hardly seems to need another raw recruit from the countless army of the uninstructed.

The dream must be replaced by determination, energy and effort to be a helpful, hopeful, useful member of society. Womanly beauty and charm will grow of itself when character has been formed on lines of eternal truth, self-reliance and graciousness.

Do One Thing Well

Education, training, experience—these three rule the working man or woman. Learn to do some one thing, and to do it well. That rule sounds, as with tongue of brass within iron walls, everywhere, under all circumstances, at this hour.

"To do one thing, and do it well." No matter what it is—be it sweeping a floor, dusting a room, weaving a rug, trimming a hat, embroidering a ball gown, painting a set of china, carving a dining table, hammering a copper bowl, using a typewriting machine, sorting papers, making an index of merchandise, binding a book, framing a picture, preparing perfumes and toilet creams—any and all occupations for which the taste and the hands are especially trained are delightful in the learning and the doing, as well as a necessary preparation for that "rainy day" which looms up in the offing of every daughter of Eve. This applies as well to the learned professions, which are all open to women and are wage-earning occupations.

The Blessing of Work

Work is the blessing of blessings if only we are properly instructed in it, and if we choose wisely what we are able to do. Merely as a resource in times of trouble and perplexity of mind, work is worth all the exertion and pains one has put into learning it, especially work of the kind just named, where the brain takes its part. The most wearing thing about routine housework is that it does not occupy the mind while one is about it. One can think of one's troubles over dish washing; there has been an ocean of tears shed over that prosaic work.

Need of Independence

No matter what wealth or luxury may surround her earlier years, the American woman may be forced some time or another to fall back upon her own resources. To bring up a girl, therefore, without any training in a useful occupation is not simply improvident and foolish, but it is wicked.

We do not have to argue over the wisdom of a young tree or vine striking its roots into the ground, getting a firm hold, and drawing from the earth its own life and sustenance. A human being should first of all be as self-sustaining, as independent, as the elm, the rose bush or the ivy. Everywhere in life are needed the strong, the instructed, the forceful people, able to take the initiative in good works. Nothing learned is ever wasted.

Feminine character needs independence to make and keep it sweet and perfect. The darkest tragedies of life grow out of the ignorance, helplessness and dependence of women. Courage, training in work, independence of character and self-reliance—these, with high ideals of womanhood for inspiration, are what every girl needs. Only through intelligent work can the highest character be attained, and the growth of character is the whole purpose of this school, which we call "the world."

In numerous instances it is necessary for young women to become wage earners at the earliest convenient moment after leaving college. There are younger brothers and sisters to be educated, and they wish to relieve their parents of expense. Parents not infrequently undergo a great deal of self-denial, that their daughters may be liberally educated. Often where there is no financial urgency, a girl feels precisely as a man does that she cannot be satisfied until she tests her mettle and proves to her own satisfaction that she can take care of herself and acceptably fill a business position. There is very great pleasure in successful self-support. The avenues for employment are multiplied, and a girl may find her niche if she is in earnest.

Initiative

One of the essential qualities to success in any line, indispensable indeed at the outset of a career, is initiative. By this is meant the ability to think of something for oneself and to strike out in a simple, original mode of action. Thousands of girls would like to earn money without leaving home and without acquiring the technique of a profession or qualifying themselves by training for any trade or task. This cannot be done. Work that is paid for must be genuine work, well done, not by amateurs, but by those who have served an apprenticeship. You must first learn how to do a single thing well before you expect to be paid for it in good money, in praise, in appreciation or in personal consideration. Nothing is paid for that is a mere attempt or imitation. Real work receives real pay.

OCCUPATIONS FOR WOMEN

Census returns convince us that very few avenues of self-help have been neglected by women. In planning for the future a girl should take thought of her own capabilities and the probable demand for the work she can do.

Teaching, sewing and housekeeping long constituted a trio of feminine occupations.

In the professions women have advanced steadily. In medicine woman's place has become settled, and from this time forth those among women who are by nature and education fitted to minister to suffering humanity, will find not so much as a straw to oppose their way. Each year finds the woman doctor more certain of success and advancement.

In law the feminine pilgrim proceeds

more slowly. Perhaps the ages of invention of her brother in this region repels the fair invader. But there are shining examples in even this region of endeavor, the most successful women lawyers engaging in some branch or specialty, such as real-estate or probate cases. Even into the pulpit feminine feet have traveled, though only in the more liberal churches.

Some women earn good incomes acting as agents for renting houses, apartments and rooms, and no one can doubt that a clever, sensible, businesslike woman could be very useful in such a place. A woman should be quick to understand the needs of a family, large or small, and to suit to the needs such means as the seeker for a home has at hand. Her patience, good nature and prompt helpfulness are her main stock in trade upon which she must depend for success.

In artistic designs for furniture, interior decorations, wall-paper, curtains, etc., there is an endless range for girls with taste and training. Women are gradually coming forward, though, in this work, of all others, where they should be active—domestic interior furnishing and decoration.

A girl who has a talent for color and form may design for a fashionable firm separate waists and shirt waists, adding collars and stocks to her list when patterns are wanted by her patrons. Indeed, the waist has proved a bonanza to more than one deft-fingered woman who has had the sense to see where there was a want to be supplied in her little world.

The growing sense of the value of all tasteful and well-considered handiwork is encouraging to women who have always found pleasure in weaving, embroidery and all sorts of skilled handiwork. Schools of design and art institutes and the arts and crafts societies stand ready to guide the taste and perfect skill in all kinds of artistic work in textile fabrics, in leather, wood, metals and porcelain. The girl who loves beauty can find a congenial field for her exertions along these lines.

If it happens that any girl can do something better or faster or more neatly and cleverly than the crowd, and if such a girl has good sense and independence of spirit, there is room for her and her individual enterprise in this world. Just now the stream is broad, though it is never calm.

Home Making

First of all every girl should be helped at home and in school, before she is far in her teens, to become an expert in all the work, which centers in the home.

No career in the open is so suitable for women and affords in the end so much happiness and so much usefulness as the career beneath the roof-tree. Properly speaking, this is less a career than a kingdom. Whoever finds her place as the presiding genius of the fireside, kindling the flame on the hearth of home, comforting the sorrowful, cheering the old, tucking in little children at nightfall, giving courage and motive to men who have a rough tussle with the world, will of a certainty have life's greatest good and find life's greatest blessings. The finest education, the profoundest culture, the most charming social training, are put to worthy use by those who choose to be queens in the realm of home.

Home making and housekeeping are often counted as one and the same. The difference is as wide as the sea. The dwelling house which is not a home is a failure every time because some woman has not put her heart into it.

Housekeeping, which is but a part of home making, implies the knowledge of several kinds of effort. A good housekeeper must have personal acquaintance with marketing, catering, cooking, laundry work, scrubbing, scouring, bed making, managing, serving and home making. She need not do everything herself, but this being her time-honored vocation, she must at least have a sufficient preparation for it to enable her to set others at work as well as to work herself.

Home work can be learned without any appreciable loss of time if a girl's mother is able to be the teacher. When this is not the case, the mother should spare no effort to have her daughter properly taught by some competent housekeeper. The same course should be pursued as to sewing, beginning very young, for children best learn this dainty art. Next, a six months course in dressmaking will give any clever girl a practical knowledge of a very necessary accomplishment in every woman's life. With these aids to usefulness and well being, added to such help as the common schools give, a girl will be ready to begin a course of special training in some wage-earning industry.

TEACHING

Teaching remains the great stronghold of women's effort, ambitious girls finding here an undisputed and almost boundless area of activity.

Whether in a large graded school or in a little district school house in the country, or as special instructor in music, art or languages, teaching is a feminine occupation that bears a gentle and beautiful dignity.

A Bright Girl at a Fashionable Summer Resort

The little school ma'am is one of the factors in our civilization. She is molding the children and so shaping them that they will never lose the influence of her touch and her character.

The girl with natural gifts, well educated, highly trained, finds herself in demand as a teacher, and has no need to look further if she has in her the power to impart what she knows, as well as the love of exercising such power. From kindergarten to college and beyond, in lecture and classrooms outside of institutional bounds, the teacher's chair is ready and waiting.

Kindergarten work is perhaps the most subtle branch of pedagogics. Its principles must be absorbed slowly.

Kindergartening is a philosophy. Its founder, Froebel, built his methods upon the philosophy of right living and individuality. The girl who hopes to become a successful kindergartner must build her character according to that philosophy. It is not enough to love children, though this love is an important stone in her foundation for the work, but she must be versed in the psychology of childhood.

A high-school education or its equivalent at a private institution is one of the requirements for admission to a recognized training school for kindergartners.

A two-year course at some representative training school for kindergartners is required of an applicant for a position in the public kindergartens of large cities.

The would-be kindergartner must have a knowledge of music. Both instrumental and vocal are desirable. She must have at her finger tips a practical knowledge of botany, art, geometry, mathematics and literature. She must be of good character, even tempered and self-controlled, neat in appearance, amenable to the red tape and the regulations of public-school systems, and she must possess above all things that indescribable gift, the power to attract, often called personal magnetism, and to inspire confidence in children.

Governess

Many teachers desire positions as governesses to families going abroad for a protracted tour. The woman who has only a high-school education has little or no chance to secure such a post. If the trip is for a year or more, the education of the children goes on precisely as if they were at home, with a visiting or home governess. That is, during certain hours of each day regular lessons are given, and the studies are those offered in fashionable private schools. A knowledge of French and German is almost

The Traveling Governess

essential. If there are boys in the party, Latin and Greek are sometimes demanded. Drawing and music may be included in the course of instruction, and, more than this, the traveling governess assumes almost entire responsibility for the chil-

dren during the trip, unless a maid is also carried. She is chaperon to the girls on board ship, their companion during all sight-seeing trips, for which reason she must be well posted on history, art and literature. College girls who have traveled abroad, or governesses who have already had experience in this country, are generally given the preference.

DOMESTIC SCIENCE

In considering the various phases of domestic science as a profession, the women who enter this field of work may be divided into two classes—those who wish to teach, and who have diplomas or certificates which would entitle them to consideration as teachers in grade schools, and those whose early education was neglected, but who are accomplished housewives and wish to turn this art to practical financial account.

Teaching Domestic Science

Every first-class school of domestic science demands among other qualifications that its applicants shall have a high-school education or its equivalent.

During the first year the pupil studies elementary sewing, drawing and other manual arts, as well as various kitchen accomplishments, such as cooking, serving, laundry work, etc. At the end of the first year the student elects to specialize either on advanced domestic science alone or on advanced domestic arts, such as dressmaking, millinery, basket weaving, etc.

Those who elect domestic art must have shown during the first year more than ordinary artistic ability and hand skill, and are then prepared upon graduation to teach elementary and advanced hand work, sewing, dressmaking, millinery, embroidery and elementary cookery.

Those who elect domestic science are prepared to teach cookery, dietetics, marketing, serving, household accounts, household economics, including cleaning, laundry work and hygiene and sanitation for the elementary, grammar and high, public and private schools, colleges and technical schools, including training schools for nurses; to be dietitians, supervising institutional housekeepers and caterers; instructors in elementary domestic art (hand work, including braiding, knotting, netting, crocheting, knitting, weaving, caning, basketry, hand and machine sewing, drafting and household furnishing) for the elementary and grammar, public and private schools, and wherever else elementary domestic art is taught.

To the uninitiated it would seem as if very little difference existed between the two courses, but in reality the domestic-science course appeals most strongly to the practical girl; domestic arts to the artistic or theoretical mind.

Positions as teachers of domestic science presuppose city life, and the country girl who has decided to take this course must realize that any position offered to her on graduation will necessitate remaining in the city.

The private teacher of domestic science must overcome the prejudice of old-fashioned parents and the indifference of society-absorbed young women before she can hope to organize her class. She must develop some novel scheme of instruction or surround herself with some unusual

Daintily Served Tea

environment before she can attract the attention of matrons for whom the ordinary cooking class has lost its charm. In one fashionable suburban town a clever graduate, who had sent out circulars in vain, deserted the kitchen of her mother, where she had expected to teach, and rented a quaint, old-fashioned cottage, furnishing living room, dining room and kitchen with the last remnant of her inheritance.

The living room was for afternoon teas, the dining room for luncheons and the kitchen, furnished in Delft effects, was for lectures and demonstrations. In her tea and lunch room she offered such dainty refreshments and such odd food combinations that pupils flocked to her lectures. Had she sought to establish herself by ordinary methods she might have starved to death among her friends.

Professional Housekeeping

For the women who wish to do rather than to teach, there is offered a special course, one year in length, designed to prepare women to become dietitians, matrons and skilled housekeepers for institutions.

The following is quoted from a catalogue of a school whose graduates are in demand:

"It is essential that the applicants who desire to be dietitians, matrons or professional housekeepers be mature women of fair general training, with executive ability, experience in life, skill in practical housework, physical strength and endurance. Only such women as possess these qualifications, which are necessary elements of success in housekeeping, are advised to take this training for professional use."

This course prescribes two terms, of three months each, of student work in the school, and three months of probationary professional service in any institution where the candidate for a certificate can find employment, in this respect resembling the probationary period of the trained nurse. Among the studies are principles of cookery, dietetics, marketing, serving and accounts, physiology, chemistry, physical training, diet for children, diet for invalids, laundry work, household economics, fancy cookery, dietaries for families and general household sanitation.

Graduates from this one-year course are frequently employed as matrons in schools, homes and hospitals, where sanitary kitchens and properly prepared food are essential to the good health of the institution.

Diplomas must have the backing of patience, personality, enthusiasm and an

In the Linen Room

earnest desire to succeed. If a woman lacks the ability to make friends, and the gift of organization, she should not study domestic science even to become a matron. The matron must organize a staff of servants and maintain discipline. She must know that others are doing their work properly, rather than drop into small routine duties herself. She must be dignified, yet show by her instructions that she could do every stroke of the work herself.

If you are brave enough to put your pride in your pocket and enter the linen room of a hotel, you can study hotel housekeeping at close range, and incidentally be in line for promotion. If you are willing to perform the menial duties of a working housekeeper in a big city until you form acquaintances and work your way into the good graces of the better class of intelligence offices, you can secure a position in time as managing housekeeper in a family of wealth.

Domestic science is not a crowded field, and therefore offers better opportunities for the teacher than general work. Public institutions are demanding scientifically trained workers, and therefore the trained worker has a dozen chances against one for the untrained worker, however intelligent and willing the latter may be. Domestic science is also a profession in which middle age is not a handicap, but rather a help.

Intelligent young women who are physically strong and who are immaculately neat about their person, are suited to the work of the trained nurse. The strong, straight-limbed, full-chested girl who carries herself well, and whose skin is clear and well kept, whose every movement is alert, is the girl the superintendent of a training school is looking for.

Mentally she should be equipped with a high-school education or its equivalent. A broader education is an advantage, but not an essential.

A broad knowledge of anatomy and physiology is not expected, but she should show that she has felt at least a passing interest in these studies.

The girl under eighteen and the woman over thirty-five are not generally eligible applicants. The better hospitals will consider the application of no girl under twenty or twenty-one.

Having decided that you are fitted for the work, with its hard training and its liberal rewards at the end of the straight and very narrow path, decide where you wish to study. So far as actual training is concerned, you will receive as up-to-date instruction in the nearest large city as in such great centers as New York or Chicago. Perhaps there is even more chance for individual work and supervision, but on the other hand the hospitals of New York or Chicago present a greater variety of experience, a broader field of work, because the wards and the clinics are much larger.

If you should decide to enter a training school in your own city, go first to your family physician and subject yourself to a thorough physical examination. Armed with a certificate of good health over his signature and a letter of recommendation from your pastor, or from the principal of the school from which you graduated, present yourself to the superintendent of the training school for nurses.

If you wish to go to a distant city, like New York or Chicago, make your application by mail. Address it to the superintendent of the training school, and state in it clearly and unequivocally your age, height, weight, health, strength and any physical defects you may have. Set forth your educational advantages, your occupation from the time you left school until the hour of writing, the church of which you are a member, your reasons and motives for becoming a trained nurse, also whether you are married, single, widowed or divorced.

Forward with these statements, which you should make as brief and concise as possible, your letter or letters of recommendation and a certificate of health.

Your name is placed on the waiting list, and there it stays until a vacancy occurs, when you will be summoned and must report at once.

This period of probation may last anywhere from two to three months, and you will never do harder work or have greater cause for discouragement in your whole career than during those bitter weeks. You will have menial work to do, scrubbing of all sorts, for cleanliness is the price of safety in a hospital. Do you think you can learn to wash and tidy twenty children patients, and clean all the shelves above their beds between nine and ten in the morning? Such will be some of your duties, yet your uniforms must always be immaculate.

It is the real test of your moral and physical courage, your endurance, your intelligence, and, above all things, your neatness. You will be homesick, heartsick and physically exhausted, but keep before you this one thought, "This is my test. I must not fail."

The régime is not cruel, but strict. Little blunders might cost a human life in this work.

The trained nurse must be self-contained to the point of being secretive. She must study the art of keeping to herself and her work. Neither is the training school for nurses the place for the high-strung, emotional girl, who overestimates her importance.

She is but part, and a very small part at that, of the great hospital system with which she has cast her lot. Her personality is merged into one word, "Duty."

The doctor at whose side you will work, when, diploma in hand, you take your first independent case, gave the best years of his best young manhood to preparation. Why should you expect to plunge into the work full fledged, care free and utterly unprepared for your solemn duties? At times your skill as a

nurse will step in and save a life when the hand of the physician with its knife or its phial can do no more.

The successful trained nurse is one of the most independent women in the business and professional world to-day, and the girl who hesitates about taking up the work at thought of drudgery must remember that she will find drudgery in every career.

Most of the training schools are extending rather than decreasing their period of training. Three years is the general length of the course.

COMPANION

In no trade or profession or avenue of money making do you need such physical and nervous endurance, such consummate patience, such an equable temper, as in the ranks of companions.

The experience of one woman known to the editor is worth considering: "I have done much hard work in my time, from cooking for ranch hands and boarders in a rough Western town, to gathering news at all hours of the night for a morning paper, but I never felt so entirely a slave to my work, so utterly devoid of rights and individuality, as during the brief period when I acted as companion to a woman with nerves.

"Neither by day nor by night was I free from her exactions. Never was I permitted to do one thing long enough to enjoy the work or concentrate my interest upon it. Was I reading aloud from a book that appealed to me, you may be sure she wanted some letters written. Did sky and wind and spring-time radiance call us outdoors, she wrapped herself in crocheted shawls and gloomy reflections while I mended her family laces. If I smiled, she accused me of being unfeeling, unsympathetic. If I gave way to depression (and heaven knows I had just cause), she complained that I got on her nerves. Give me a scrubbing pail and self-respect every time in preference to the whims of a woman who can afford the luxury of a companion to act as backstop for all her complaints, unhappiness, narrowness and pettiness."

There are exceptions to this rule, but the average woman with means and a charming disposition does not need to hire a companion. Friends, young and old, flock around her, and her great difficulty lies in choosing the one to serve her for the moment.

Requirements

What does it mean to be a "companion" to-day? Many girls seem to have vague ideas concerning the duties, salaries and qualifications. As in all lines of work, "companions" must specialize. The old-fashioned, general companion has disappeared.

Incidentally, clothes and bearing count tremendously if you desire to be on the staff of well-to-do employers. The day of the shrinking, shabby, self-effacing companion is past. The capable woman has arrived—even in the rôle of companion.

Traveling Companion

If you want to be a traveling companion you must first learn how to travel yourself, how to handle tickets, and baggage, how to lift all responsibilities from your fussy, worrying patron, how to keep yourself and your charge fresh looking and well groomed on boat or train, how to handle the inevitable laundry problem, how to protect your employer from the extortions of hackmen and porters. In fact, you are trouble bearer in extraordinary.

The girl who has traveled and thoroughly enjoys it, who has some knowledge of nursing or attendance upon the sick, should try to reach patrons through physicians. If her acquaintance will not warrant this, there are agencies where she may register, and openings sometimes come through the advertising columns of city papers.

Companion to a Semi-Invalid

The girl who desires a position as companion or attendant to a semi-invalid must prepare for this work also. At any registry for trained nurses they will tell you that the custom of employing hospital training-school graduates as traveling companions is growing. This does not mean that you must take a full course to secure any such position, but you should have had some experience in nursing, and

if you have not had this you can take an abridged course in nursing, such as the Young Women's Christian Association offers in large cities, and which will fit you for emergencies which may arise during the journey with a delicate companion. Your certificate from such a school, letters

The Invalid's Companion

for emergencies which may arise during the journey with a delicate companion. Your certificate from such a school, letters of introduction to physicians, good health, cheerfulness, steady nerves and a talent for minimizing discomforts of travel will insure your success in this work.

School Chaperon

Akin to the post of chaperon for young girls traveling abroad is that of chaperon in a private school. A few of the fashionable finishing schools located near large cities offer openings of this sort, and women of social standing, charming manners and good judgment are eligible applicants. The salary is just large enough to pay one's bills for gowns and hats, but board and lodging and laundry are included, while all incidental expenses, car fare, tickets, etc., are paid by pupils chaperoned. The work of the chaperon includes escorting young girls to theaters, concerts, lectures, and shopping trips to town, also to any private function, such as receptions, dances or musicales to which parties of pupils may be invited. In some schools these tasks are relegated to teachers and no chaperon is employed, but the custom is growing. Such positions appeal particularly to the widow left with a small income and perhaps a daughter whom she desires to educate in such a school.

Whether the position as companion to a rich invalid, or as governess in a family of wealth and influence, or secretary to a woman of affairs, is a desirable one depends in a great measure upon the young woman herself.

One advantage is that it will bring her in contact with men and women who can offer her better positions. If she has the true business interest it will develop even if she is merely a companion or a governess. She meets successful people, and in that atmosphere will learn how to carve success for herself. At best the post of companion is merely a makeshift, and as one agent remarked, it is more apt to lead to the matrimonial market than to any commercial career.

SECRETARY

The social secretary must be a woman of extraordinary personality and rare executive ability, whether she chooses New York or Washington as her field. Social secretaries are born, not trained. As a rule they are women of family and social position who have met with financial reverses, and whose chief asset is not their ability to indite a graceful note, but to place at the command of their employer their own standing and acquaintance, which is invaluable to the newcomer. The employer already established socially has for her secretary a young woman who is one of her household staff, or who calls daily to answer correspondence, send out invitations or perform other clerical duties. But if the employer is newly arrived on the social horizon, she selects as her secretary one of those less-favored women reared in luxury and social favor and suddenly deprived of financial revenue.

This sort of secretary must have the names of desirable people at her finger tips. She must be able to tell her employer who is worth meeting and who should be avoided, and she must bring her own social connections to bear in furthering the interests of her ambitious client. She must know how to arrange entertainments for her employer, how to bring the right people to Mrs. Newly Rich's house. She is social sponser rather than secretary, a

compendium of smart etiquette and good form, an advisory board in the question of gowns and house furnishings. In fact, she is to the social climber what the campaign manager is to the presidential candidate. She keeps her from doing the wrong thing.

Can you picture the diplomacy, the social training, the experience necessary to perform these complicated duties? In your heart do you believe you could perform them? If so, fill your trunks with pretty clothes, your bag with letters of introduction to influential men and women, and be prepared to work like a diplomat for a foothold in the fashionable world. You must gain this before you can apply for a post as social secretary. You will have more things to do than arrange invitation lists.

Private Secretary

Many young women are greatly surprised when they learn that the position of private secretary usually requires the knowledge of stenography. Some men, however, who handle an enormous correspondence, want secretaries who are competent to answer letters without dictation. The position of confidential secretary seldom goes to the beginner, even if she has influence.

In addition to accuracy, punctuality and personal neatness, such positions require concentration of thought, earnestness of purpose, unlimited tact and absolute devotion to the interests of the employer.

Concentration of thought, like earnestness of purpose, means putting everything out of your mind save the work in hand. It is the peculiar gift of men who rise to positions of great responsibility, or who achieve great success in their chosen line of work and women cannot achieve the same successes without the same characteristic.

STENOGRAPHY

"When in doubt, study stenography," has been the motto of the would-be business girl for the past ten years, with the result that thousands of young women, never intended by education, training or natural ability to become stenographers, have reduced office wages and overcrowded business marts, while hundreds of their sisters, who would develop into admirable office workers, have drawn back, alarmed by the ever-increasing army of incompetents.

There is room in the business world for the competent, earnest stenographer, and opportunities for advancement were never better nor more numerous than today. There is no reason at all for the existence of the incompetent worker. She will find thousands there before her.

Stenography is a trade, and you must work at it months, and even years, before you become an expert and draw the same salary an expert milliner or fitter does. There is no royal road to success in stenography. You can advance yourself more rapidly than can any teacher or school in America. Many girls seem to think that they can skim through a business course just as they skimmed through school, without carrying away any thoroughly grounded information. Some of them have fooled all their teachers all the years they went to school, but they cannot fool the man who pays their salary.

To be a successful stenographer you must possess the following characteristics:

Accuracy. Stenography is built on accuracy.

Concentration. Without that you will never master the mechanical side of stenography or develop into a dependable office assistant when once you have mastered the fundamental principles of shorthand. Learn to concentrate on what is being said to you.

Neatness. No employer of any standing will send out letters daubed with blots and blurs from erasing and re-writing.

You should be a good speller, and grammarian, and have a fair knowledge of English. If you cannot spell correctly without a knowledge of shorthand, how much more confused will you become when you have to transcribe stenographic notes? Neither is there time in a busy office for you to consult a dictionary.

You must be close mouthed. The stenographer of even a small and unimportant firm is often entrusted with secrets that mean success or failure for her em-

ployer. If you are the sort of girl who simply must tell some one everything you know, don't try to be a stenographer.

You should have quickness of mind and movement. Without these you will find it difficult to take erratic and sometimes almost inaudible dictation without annoying your employer with questions.

You should have good eyesight; or if you have any visual defect, it can be minimized by learning what is known as the

Study Stenography Slowly and Conscientiously

touch system on the machine and using glasses while at work. A stenographer or office assistant of any sort uses her eyes practically ten hours a day.

And of course your hearing should be perfect.

Perhaps these qualities sound like rather a formidable list to demand of one young woman. If you feel that way about it, do not take up stenography, for as sure as you think any one of them unimportant, so surely will you drift into the rank of incompetents.

Perhaps you possess these qualities, or are willing to acquire them by study and practice. Then how shall you begin?

If you are attending a public school, and merely planning upon taking stenography a year or two from now, do not wait. Take stenography, if it is taught, in your course of free tuition by day. If not, enter an evening class, if possible, two or three nights in the week, and study stenography slowly and conscientiously during your last two years, or even one, in day school.

If you live in a small town, and have not the money to pay your way through a business college, then learn stenography through some reliable correspondence school. When you feel well grounded in the rudiments, take a few special lessons for speed. The only assistance you will need for home study consists of the lessons and books furnished by the correspondence school, a hired machine, and some member of the family to dictate to you.

It will take from seven months to one year for you to learn thoroughly a good method of shorthand in this way, but in the end, working slowly but earnestly, you will have absorbed the fundamental principles of what is nothing more nor less than a new language. In fact, Dickens is said to have called shorthand "harder than ten new languages."

Do not neglect your typewriting. Select one of the standard machines, and practice on it until you become rapid and accurate and know every trick of that machine. When you are ready for a position, the knowledge of the machine will be of enormous value to you. Nearly every firm of typewriter builders maintains an employment agency, and the girl who is an expert on their machine is always recommended first.

DRESSMAKING

There is a small, steady income in ordinary dressmaking. You can make more than sweat-shop wages if you are a neat seamstress and have good health. But the big money in dressmaking is made by the women who know how to profit by the labor of others, who can catch and hold trade by their original designs, and who are sincerely interested in making their wealthy customers look their best. Make a woman better looking, whether by massage, hair dressing, millinery or dressmaking and the laborer will be considered worthy of her hire.

Dressmaking is a trade of very big money or very small money. On its altar many an overconscientious woman has sacrificed youth, girlish happiness and health. Upon woman's fondness for dress and innate American extravagance other

women have built a competence. Dressmaking will yield large financial returns only to the woman who has the true business or commercial instinct, and who would succeed equally well at millinery, managing a shoe factory or running a public typewriting office. The mere fact that you set dainty stitches will not make you a financial success as a dressmaker. You must have what is known as a "business head."

The following is the observation of one woman who studied to be a dressmaker:

"During my last year in school the influence of manual training was just beginning to be felt in educational circles, and I belonged to what was perhaps the first sewing class in the high school of a large Eastern city. In September we started setting stitches, sewing seams and making buttonholes. By commencement day, in June, we were expected to be able to cut, fit and make a garment. My dainty stitches and accurate work in the sewing class helped materially to raise my general average. In fact, my neatly made calico dress was awarded the highest possible percentage, but later in the summer, when I tried to wear that calico dress, it looked—well, in a kindly spirit, we will call it queer.

"In the same class, almost rubbing elbows with me, was a girl whose sewing drove our dear old teacher of sewing distracted. Her stitches wandered over the material at their own sweet will. Her buttonholes were a class scandal. Her garments came to pieces, unless some of us helped to fasten off the ends. But the little mull dress which she made for her graduation was distractingly dainty, albeit none of us could vouch for the steadfastness of its seams. She was marked very low by the conscientious judges of needlework, but later in the summer, on the board walk at Cape May, that little frock added several scalps to her proposal belt.

"A few years later that girl was running a profitable dressmaking establishment, though she had to hire women to set the stitches according to her designs. Later she was a buyer for a firm, making semi-annual trips abroad. To-day she is head of a fashion and pattern syndicate, enjoying a large income and wonderfully happy and satisfied in her work. I could still be making very neat buttonholes in her dressmaking establishment, but if I want a 'nifty' corsage bow, or a smart

A Builder of Blouses and Negligees

summer girdle evolved from ribbon, I have to tip a girl at the ribbon counter to make them for me. So you see the girls who received the highest percentage as a mere setter of stitches might have starved, or at least become a mere tired drudge at dressmaking, while the girl who knew the value of lines, color combinations and effects, although she did make round and ragged buttonholes, has a thriving business, built on the same trade."

Specializing

It does not make any difference whether you live in a large city or a small one, or even a mere town, you can establish yourself as a specialist, and make better money at less cost to your nerves than if you do general dressmaking.

You may specialize on waists, or become a maker of children's garments or raiment for the growing girl. One thing is sure, the girl who follows unthinkingly the orders of her employer or forewoman, and who does not plan definitely and enthusiastically for her future, will remain as long as she lives either a workroom drudge or a most indifferent, independent dressmaker.

She is that most pitiable of objects, the mediocre dressmaker who makes a bare living, hates her work and feels that there is no future for her.

The bitterness of uncongenial labor is beyond words. So is the joy and happiness and inspiration of congenial, mind-satisfying labor. The contented laborer, whether of lathe or sewing machine, knows the joy of living. Don't stick to

or undertake work that you know is distasteful, work to which you will give everything and from which you will draw nothing but a pittance in wages.

A Dressmaker to Small People

It takes a girl of exceptional will power and physical endurance not to degenerate physically and nervously in this trade. The close confinement, the cramped posture in which you work, the constant strain on eyes, first affect the appetite and then the general health. The girl beyond you cannot stand a draft, so the window is closed and you get not a breath of pure air. The proprietor of the establishment can save rent by selecting a dull electric-lighted workroom, and so you are deprived of health-giving sunlight. Do not go into a workroom unless you are firmly resolved to bend every energy to getting out of it again. That is, you must determine to learn as rapidly as possible, and utilize the knowledge thus gained on broader lines than ten hours spent under the dictation of a forewoman who will drain your life blood if necessary to meet the exactions of a wealthy patron.

Dressmaking is a good trade, if you concentrate your efforts and use your brains as well as your fingers, otherwise there is no money in it.

Artistic Needlework

Needlecraft in its more artistic varieties will always invite women, and, in a measure, prove remunerative. There is always a demand for hand-sewed garments of fine linen, cambric and lace.

There is setting in a backward swirl in favor of individual work, a sort of reaction from the machine, of which women looking out for a field of activity might take advantage.

MILLINERY

When a woman is brought face to face with the problem of making her way in the world, millinery is among the various subjects which she considers.

The girl with "a knack for millinery" may be a veritable genius untrained, but she cannot dodge the training. Women who spend large sums for hats demand exquisite work as well as smart designs and dashing color combinations. A patron who pays twenty-five dollars for a hat wants the rose set a fetching angle, of course, but she also insists that the shirrings and folds be hand run and the bit of lace be fastened on securely.

Schools can teach the theory of hat building, but they cannot supply in six weeks, or even six months, that deftness in handling millinery fabrics which comes with a year of training, and which forms the foundation of millinery success.

Businesslike, calculating employers are not respecters of age. They know that with the right sort of training the sixteen-year-old apprentice will give the workroom as good results as the quiet, methodical woman of thirty-six. The women past thirty must therefore meet the girl under twenty on terms of perfect commercial equality. It is not a matter of mature judgment and common sense, but of training.

Among the Apprentices

A clever woman who buys for one of the leading millinery houses in Virginia once said: "I started in my home town

in its one millinery shop. You know the kind! Its proprietor is a thin-faced narrow-chested maiden lady, who begins by making over hats, then adds a little stock, finally puts in some ready-to-wear hats, and between millinery seasons sells notions and fancy work. From her I learned to make frames, face hats, tie bows and lay folds. When there was no hat trimming to be done I made tatting or knit mittens and stamped linen. After I had worked for her one year without a cent of wages except what I received for the fancy work I sold over her counter, I went to Richmond, where for six months more I worked for two dollars a week, my parents paying my board, as if I had gone away to school. Next season I received six dollars a week.

"Now," she added, in a confidential tone, "I get more than the man who came up on the same train with me to buy laces for a house next door to mine."

ART

A young woman in a city of medium size who has a few pupils in water colors or oils or drawing, who conducts several sales of her handiwork annually, and who is really something of a personage in her own town, should think long and hard before plunging into the art maelstrom of a large city. She will have to compete not only with trained and experienced workers who have established a trade for themselves, but with hundreds of students who are trying to pay their board or tuition or incidental expenses by selling their wares in stores or exchanges. If, however, she feels irresistibly drawn to Chicago or San Francisco or New York, let her try her wings first by sending some of her handiwork to the woman's exchange, which can be found in every large city.

If it sells there she may feel safe to remove to the larger field of labor. If she can sell fancy work and hand-painted articles to the amount of ten dollars a week through correspondence, she can certainly do better when she is on the ground, prepared to fill orders promptly.

Many "art workers" who are able to make only plate cards, dance programs, bolting-cloth covers for pincushions and sachets, at which dealers in a city would not look after the first glance, think if only they could reach a big city where many such articles are sold they could find a market. This market is governed not by the large number of buyers, but by the quality of the work offered.

Next come practical art workers who are making good livings in smaller places, but they realize that New York has become the publishing center, and consequently it is the great field for illustrators and designers. How is such a girl to start in New York?

One woman who has made a success and who began by studying in a night school and working for a firm of illustrators during the day, gives this advice to would-be artists:

"Do not be discouraged if you find art editors afraid of you. They are always afraid to try new people. Offer to do anything they have to give out, and then deliver the drawing exactly at the hour agreed upon. Many girls fail because they consider a small order unimportant. Nothing is trivial or unimportant which will give you the entering wedge.

"Lay aside your cherished magazine or book cover, and do one-column cuts if the art editor offers you that.

"Be businesslike. The art editor is. He must deliver his illustrations in ample time for the magazine to be published and if you fail him you will never hear from him again.

"Dress well, carry yourself well, radiate an air of prosperity. All the world to-day worships success and has little time to pity.

"Ragged skirts, bedraggled feathers and unmanicured hands are poor recommendations for the girl who is struggling to get a start.

"Do not cut prices. The art editor does not respect work which is offered for a mere song. He suspects the quality of it.

"When showing your work, offer just a few samples.

"If you want to specialize on fashions, remember that your girls must be first of all chic, dashing and pretty. Study not only the human figure, but fashions in the best shops. Experience is the best

teacher. Draw every day and all day whenever possible."

Home Study

The girl who would be an illustrator has a fine field for practice on the farm or in the small town where she may be living. Let the characters in the life moving around you be the subjects for your work. Ofttimes they are quaint enough to attract an art editor's attention. The secret of success in illustrative work lies in composition. The illustrator's drawing must illustrate—that is, it must tell the story.

As even the student at the best art school is dependent for success on his own handiwork rather than on any assistance from teachers, the girl who really can draw can work out her salvation at home. She must not think that because her parents and friends admire her foolish little things that she needs only a few lessons to become great. Drawing, more and more drawing, work unceasing—that leads to success, whether it is done in the studio or family sitting room.

Expense

A course of study at one of the leading New York art schools will cost, including supplies, about five hundred dollars a year. By clubbing together in furnished rooms, and doing light housekeeping, girls have managed to live on five dollars a week, including laundry, with an occasional new dress sent on by the anxious mother.

Other Considerations

Girls who have succeeded admit that it took them all the way from one to five years merely to secure a foothold among New York publishers.

Statistics go to show that of the seven or eight hundred students who study annually in a certain New York school, famous for its brilliant faculty, an average of one and a half pupils remain and score a success in New York City. That is, out of the classes of two years, three pupils succeed financially.

The out-of-town girl who has it in her to succeed can secure the entering wedge and prove her mettle just as well in Detroit, Cleveland, Omaha or Kansas City as in New York. If she weeps over her discouragements in cities like this, she will die of homesickness and heart-breaking disappointments in New York. The same difficulties exist for the beginner in each city. While New York offers larger and more opportunities, it also chokes up these fields with more competitors, and it is a case of the survival of the fittest. The girl who wins out must have not only ability, but patience, tact and indomitable courage.

LITERARY WORK

The woman who is entirely dependent upon her own efforts should not look to writing, even though she may have the gift, as a profession in which she can secure immediate returns. She must combine writing with more practical work—something that will pay her board and keep the roof over her head until she wields the pen with such dexterity that financial returns are sure. This period varies. Some women suddenly discover a gift for humorous versification, epigrammatic little essays, or a new field of fiction, and score phenomenal success; but as a rule the history of the writer who builds a substantial success reads far differently.

If you are willing to wait and work patiently and to live frugally, then find some work that will occupy half or three-fourths of the day, and devote the other half or fourth to writing, giving the early part of the day to your pen work if possible. Depend upon your needle or teaching or nursing, or whatever you can do well, to keep body and soul together, and do not expect your pen to yield returns for many weeks or months, perhaps years. But, on the other hand, if you keep the steadfast faith within yourself that some day you will reach your goal, your more practical work will be made the lighter by your hours of writing, and life will be worth while.

Train yourself in the hardest of schools—experience. First cultivate your powers of observation. Keep your eyes open at home and abroad. Note what people around you are doing, their peculiarities of speech and their mannerisms. Study changes in Nature's panorama. Open

your mind to outside influences, to the happiness and the sorrow of those with whom you come in contact, so that in time you may express these emotions in such a way that the world of readers will say: "Yes, I know a woman who acts just that way when she is frightened," or "Why, I have felt just that way ever so many times." You cannot picture human nature until you know it. The painter transfers to his canvas the thrush tilting on the swaying branch; the writer must transfer to his sheet of paper the soul swaying under emotions.

Many excellent books have been written to aid would-be writers, but when those books have been studied, remember that

The Laying of the Foundation

only practice with the pen will carry out their instructions. Write every day. Write of everything you see. Cultivate the letter habit. If your friends enjoy your letters and beg for more, you are making headway. Put into these letters your impressions of things and people. Divide your hours of reading between the standard English writers, like Macaulay, Carlyle, Dickens, Scott and Washington Irving, the books which are making the success of the moment and the best current magazines. This last, because you must know the trend of literary taste, the sort of fiction, special article or poetry that the editor is buying.

If you seriously contemplate writing for a living, you must make a business of reading at your public library or subscribing for the current magazines. If you have written a tale to entertain children, buy or borrow at the library every magazine you can find for juveniles, and decide which editor is using stories such as you have to offer. If you are offering suggestions for the housewife, make a list of magazines published especially for women, and send your script to each one until many rejections have proven that it is not salable. A woman told me that she had sent one story to twenty-nine magazines before she sold it! If you have a love story, study the magazines which publish fiction before sending the tale forth. Any branch of writing pays well, provided you specialize and become an authority.

Preparation of Manuscript

The mechanical preparation of a manuscript is the simplest part of the work. It should be typewritten. In the upper left-hand corner of the first page write your name and address in full. In the upper right-hand corner write: "Submitted at your regular rates." Every publication has its own rate for unknown authors. Only the well-known, established author names his own price. In the center of the sheet, below these corner inscriptions, write the title of the story.

Tell the typist who copies your story to double space it. This leaves room for editorial corrections if your story is accepted. On the last page, four or five spaces below your last line, have your address and name written again.

Do not ask for an immediate decision, nor acknowledgment by return mail. Simply enclose a self-addressed and stamped envelope for the return of your story if not available, and do not write a letter detailing the story of your own life and the reasons why you need the money this story is worth. The busy editor has not time to read this letter, neither is he conducting a charity bureau. Be sure to pay postage on the manuscript in full, and fold it as few times as possible, using a large envelope for this purpose.

To the average woman who wants to write at home the best advice is: Start with what are known as "fillers," little stories which are sandwiched in between the big features of a magazine for women readers. Perhaps you have found some method of lightening your housework, some new way of correcting a fault common to childhood; perhaps you have been to a luncheon or tea and seen some novel decorations or enjoyed a novel game; perhaps your church society has given a new entertainment. Write up any of these matters, briefly and clearly,

so that some other woman could lighten her housework, correct her child, give a pretty luncheon or plan a profitable church entertainment. Then look over the magazines for women, and send this "story" to the one who seems to give considerable space to such matters. If the article is used, you will be paid for it.

Training on a Home Newspaper

If you are a newspaper woman born, you will succeed in your home town, no matter what the size of the paper. You will create a demand for your services. If you cannot please the editor there, if you cannot induce your neighbors to give you news, what do you expect to do in a strange city with an editor driven to desperation with work, and women to interview who place statuesque butlers between you and the news you would learn?

Ask the editor of your home paper to give you a trial, and then endeavor to make yourself invaluable to him, before you try your wings in the great city.

PERSONAL EXPERIENCES IN MONEY MAKING

WOMAN may often turn her talents to account and make a little money without leaving home. She probably will not make very much, but she can make a small amount that will help along. In many cases a small beginning will lead to profitable and permanent work.

In the following pages are given a number of personal experiences of efficient and resourceful women who have made money in ingenious ways. These experiences have been selected by the editor from hundreds of similar records, and are electric with the personality of the writers, who have described their work for the benefit of the readers of The Woman's Book.

Woman's Employment Exchange

Having discovered that there was a demand for a woman's employment agency in our town, I inserted in the town papers an advertisement, of which the following is a brief extract:

"Miss ——— announces that she is opening a Woman's Employment Exchange at her home, — Blank Street. Hours from 8 to 11 A. M. and from 2 to 8 P. M. Tel.—.

"The object of the exchange is to place the woman who wishes employment or has the products of her work for sale in communication with the woman who wishes to employ, or to buy the work of the other women, or to give her own work in exchange for it.

"There is a demand for women who will spend a few hours occasionally in doing housework—washing windows, sweeping, dusting and arranging rooms, cleaning silver, etc. There is also a demand for plain sewing, bread making, baby tending, letter writing, hair washing, etc. If you wish to be employed to do any of these things, register at the exchange.

"If you have a specialty—buns, candies, ice cream, brown bread, fruit cake, cookies, angel food, steamed pudding, cream puffs, doughnuts, pies, pickles, salad, gelatine, etc.—the exchange will help you to find patrons.

"If you have hand-made lace, embroidery, burnt wood, hand-painted china, etc., to dispose of, leave it at the exchange.

"The charge for membership in the exchange is ten cents a month."

The exchange prospered, and the hours during which the manager was on duty were soon shortened to one in the forenoon and one in the afternoon. At the end of the first six months there were over one hundred members, and constant patronage among all classes of people. Stenographers, school teachers and clerks secured substitutes through the exchange. Merchants and hotel and boarding-house managers secured extra help on rush days through the exchange. Physicians secured non-professional nurses from our lists. Backward children made wonderful progress under the tuition of the superannuated teachers on our lists. College students who came home with conditions went back after studying during vacation with a college woman on our lists, and surprised their former instructors by the high grades they made in the doubtful studies.

The ingenuity of the manager of the exchange was taxed to the utmost in the attempt to find paying employment for each

woman who consulted her; the conditions of our town both helped and hindered—there was no greenhouse, no bakery, no steam laundry and no distinctly moneyed class. Women who had fallen into the habit of thinking it menial to accept money for their work lost that feeling while dealing through the exchange. One woman opened at her home a "Tarry-in-town Inn for Women." Country women found there a room where they could dust off after the ride into town, a comfortable place to rest, some one with whom they could leave the babies while they were shopping, a hot lunch at noon, bed and board if they wished to retire over night, and they paid for this accommodation in farm products.

A young woman fitted herself to entertain children at children's parties, combining the direction of games, charades, etc., with catering and supervision of rooms. One woman—a college woman, but an invalid—conducted a "Women's History Class," receiving in exchange board, sewing and laundry.

One woman had all her back yard plowed and fertilized. Then she planted asparagus seed, and the next spring had the sprouts for sale. Another, having a small fenced lawn in front of her house, had two galvanized-steel stock tanks ten feet long, four feet wide and two feet deep set one foot deep in the ground, and banked with sod. They made ornamental ponds when filled with water from the hydrant. In them she planted ten hardy water lilies, and the next spring was able to fill orders for the cut flowers.

Another woman, who supplied salads, grew her own celery and cabbage in summer, and supplied the winter lettuce and parsley from a window box in her kitchen. Another grew winter violets. Another grew winter hyacinths, selling the potted plants when budding for blooming.

Another woman made a tidy sum of money by canning fruit, string beans, peas, etc., for a regular and growing list of patrons.

The opportunities for such an exchange are practically endless, and its policy may be governed by the needs and resources of the community.

Ice-Cream Parlor

We have always lived in a small country town, and any girl situated in the same position will know how hard it is to make extra money. However, my friend and I one day thought of a plan, and after some hesitation our parents consented. It was to have an ice-cream parlor.

We got the use of a sample room from one of the merchants, and immediately set to work "fixing up." On the floor we put strips of carpet or old rugs which had been discarded; but after the dust had been well beaten out and the holes mended they looked quite neat. We then made three little tables out of packing-boxes, and got the loan of two. With some cretonne we curtained off one end, which was our kitchen, where we washed the dishes. We also put nice white curtains at the windows. The expense amounted to fifty cents. We bought ice and cream from the milkman, and every morning made our ice cream before breakfast, while it was cool. We kept our "parlor" open from 2 P. M. until 10 P. M. We took "day about" waiting on the customers, the other washing dishes in the kitchen. The first week we made four dollars clear. That was the lowest, and during the "tourist month" we averaged fourteen dollars a week.

Tea on the Lawn

We lived in the country, and thought there was no way we could make money, but one day a bright idea struck us. It was to give tea on the lawn three evenings of the week. So many people object to cooking or fussing over meals, especially in the afternoons, and nearly everybody was glad to pay twenty-five cents for their tea. We used to set small tables under the trees, and just serve a simple tea, such as salads, berries, thin bread and butter and cake, tea, cocoa and lemonade, also ice cream. This took only an hour or so every day, and it paid splendidly.

Candy Manufacturing at Home

After work hours I always delighted in dabbling in the kitchen, and candy was my forte. At little social gatherings at our house, and when any one "happened in" for the evening, we always had sweets. One day one of the girls asked me to make her some old-fashioned molasses-taffy for a party. I did, and before long other orders came in for parties, receptions, etc. The candy wafers in white,

pink and green were very popular for the receptions.

Then I began making up boxes of candy, for which I found a ready sale. The boxes were home made and decorated with the desired color and shade of ribbon, and sometimes with water colors and some appropriate rhyme or sentiment. The boxes themselves are made of the lightest cardboard and laced together with baby ribbon. I found that molasses candy, wafers, maple creams and dates were the best sellers.

Of course, it took time to build up a trade, but the best advertisement is the candy itself and the kindly mention by your customers to their friends of what you are doing. Christmas is the biggest season, though I find in the past year I have made on an average of six dollars a week. The beauty of this business is the small outlay of money necessary and the rapidity with which it may again be turned into money, and that any one can do it with a little patience and practice.

I work in an office from half-past seven in the morning to half-past five in the evening, and do all my candy making at night. I could not meet all demands, so last winter a friend took up the work, too. She is a clerk, and boards, but she curtained off a corner of her room, fitted up a store box as a table, and bought a small oil stove. This, together with a marble slab, a double boiler, a porcelain-lined stew pan, a Japanese bowl and a glass measuring cup, with cooking spoons and forks, completed her outfit.

With more time one could add other delicacies, as salads, fancy desserts and cakes. The small boxes of candy given as favors at children's parties are very popular. Recipes can be procured from any teacher of cooking, or they will refer you to some good book on the subject. Then practice, use a little originality, and don't forget to be ever on the alert for something new.

Cake Baking

One girl solved for herself quite by accident the problem of earning money at home. Making some small cakes one day to help out a tea given by a neighbor, and hearing the eager questions asked of the hostess in regard to the baker, put an idea into her head. With her, to think was to act, and inserting a small advertisement in the evening newspaper stating that home-made cakes would be furnished to order at reasonable prices, she awaited developments. At first orders were slow in coming, but as her cakes were really delicious, it was not long until they became quite famous, one friend telling another. Her charges at first were fifteen cents a dozen for the small fancy cakes, thirty cents for layer, and twenty-five cents for loaf cakes; but to such an extent has her trade grown, her patrons are glad to give twenty cents a dozen for the small ones, and from forty cents to sixty cents each for layer and loaf cakes. And this girl is a busy girl outside of her cake baking for she is housekeeper for her family.

Making Brown Bread

Some few years ago we wintered in a near-by seaside town, and the ladies of one of the churches held Saturday afternoon "Home-Made Cake and Bread Sales." One afternoon we bought a large round loaf of brown bread. It was the most delicious we ever tasted, and of course we wanted more. I found that it was made by an elderly woman, and that she took orders for it. The loaf was so large that it could be warmed for several meals. It was just a little sweeter and just a little "shorter" and just a little more delicious than any other brown bread we had ever eaten.

Christmas Plum Puddings

I know a clever woman who has conceived of a practical scheme for money making at home by placing Christmas plum puddings in the market. She states that this holiday requisite and favorite is better for the keeping, and therefore recommends making them the middle of November. She finds the town grocers ready to aid her in the sale of them, they receiving a commission. In addition to this method, she notifies her friends and acquaintances of her readiness to take orders for the same. She declares that success is only assured by having a pudding of the best quality attractively presented to the purchaser. Therefore, they should be wrapped in wax paper, and placed in boxes. The wax paper can be bought by the ream for one dollar.

Pop-Corn

For the past three years I have made some money in this way: I buy pop-corn by the bushel from a farmer, and pop it fresh every afternoon, butter and salt it, put it in No. 1 sacks, and sell them at five cents each. I seldom sell less than ten sacks, and have sold as many as twenty-one. I have a son who sells it for me on commission. Our customers are lawyers, doctors, city officials and merchants. They look for it every afternoon, between three and four o'clock. But remember, have a hot fire, good dry corn, first-class butter, salt, clean sacks and a neat boy. You double the money invested, and it takes only an hour to prepare it. Winter is the time to sell the most corn, and I pop and sell some on cool and rainy days in the summer.

Potato Chips

Last year we had unusual expenses, and I found that if I had any new dresses or hats it would be necessary for me to earn the money myself.

In making some purchases at my grocery store one day, I noticed a large box labeled "Potato Chips." I asked the price, and was told thirty cents a pound. I remarked to the grocer that they were rather expensive, and he replied, "Well, I suppose they are, but they cost me twenty-five cents a pound, besides the freight."

On my way home I purchased a potato slicer, and in the morning I proceeded to make some potato chips. Counting the cost of the potatoes, the lard and the fuel, I found that I could make them for about twelve cents a pound. If I could sell fifty pounds a week, that would mean a profit of at least six dollars.

I took a sample of my goods to the grocer, and asked him if he would be willing to give me an order for ten pounds. He tasted the chips, pronounced them excellent, and gave me the order.

At first I made them in small lots, fresh every time I got an order, but I soon found it easier to take a whole day and make up fifty or seventy-five pounds at a time. I also found it a good plan to slice them the evening before and put them in a large tubful of water over night; this draws the starch out of the potatoes and makes much nicer chips. The lard I made myself, purchasing the leaf in large quantities from my butcher, and rendering it out over the fire. It is much better than the can lard, and only about one-half the cost.

I live in a town of about ten thousand inhabitants, and of course the sale is not very large, but I found that I could make from six to eight dollars a week easily and not work more than three half-days a week. Of course, the peeling and slicing had to be done the evening before, but the children helped me with that part of it.

Raising Squabs for Market

For the country woman who must increase her income, and has little capital, there is nothing so good and easy as raising squabs for market. Fifteen pairs of good homing pigeons will cost thirty dollars, and if none are sold for the first eight weeks, in eight months there will be forty-five pair of breeders, which will yield sixty squabs a month, easily sold to private customers at fifty cents each (even a commissionman gives upward of four dollars a dozen), so that receipts could not fall below fifteen dollars. By gradually increasing breeders —keeping some of the extras—a weekly income of ten dollars would result in eighteen months, and only the leisure time incidental to household duties called upon.

Pigeons are very easily cared for when kept in a house, with yards, netted top and sides attached. Thirty minutes' time night and morning to clean and feed is all fifty pairs of birds would need. A self-feeding box gives the birds access to grain at all times. The old birds attend entirely to the squabs until thirty days old —market time. Fifteen days after the first two youngsters are hatched the female makes a second nest and lays two more eggs, which require eighteen days to incubate. All the year around, save at molting time, each pair is attending two families.

Any old house on the farm which is rain and wind proof will serve if the inside is fitted with tiers of egg boxes to hold earthenware nests (one dollar a dozen). Each pair of breeders require two nests each. Put a bundle of cut straw or hay in a corner of the house, a good drinking fountain and the feed box, and in the yard a shallow water pan for bathing purposes. Grit and rock salt in unlimited quantities are absolutely nec-

essary. Remember, outlay is estimated at the highest, results at the lowest, figures. Avoid common pigeons, as they raise only four thin, dark-skinned pairs that won't bring two dollars a dozen.

Poultry Raising

There are hundreds of women all over the country who are asking if poultry raising is a practical, paying occupation for women. From out the fulness of personal experience, allow me to answer affirmatively. I know of no one occupation which offers to more women a surer income than poultry raising. I know whereof I speak.

I began raising poultry four years ago last March, with twenty-five mongrel fowls in a small poultry house on the place. I soon replaced the mongrels with standard-bred White Wyandottes which quickly paid for themselves. I have bought all their feed, and charged them with every cent of the cost; also credited them with every egg and fowl, whether sold or used for the table.

Since then new, modern poultry houses and yards have been built, all of which the hens have paid for, also paying a profit of from two hundred to three dollars a year. With the exception of cleaning the houses, etc., I have taken the entire care and management of my fowls —with pleasure, profit and health to myself.

Last winter was a record breaker. The price of eggs soared skyward, and so did the price of feed. As the mercury lowered so did Biddie's inclination to lay eggs, but not her appetite. Without going into details, my books from September 1st to February 1st (the six poorest months of the poultry year) show

Fowls sold and for table	$208.40
Eggs	69.38
Total receipts	$277.78
Feed	52.62
Net balance	$225.16

The number of fowls was three hundred and fifty-two; the value three hundred and fifty dollars. My flock has been diminished by one hundred and seventy-seven fowls, but in value by possibly one hundred dollars, since I still have the cream of my flock, those eaten and sold being seconds. Those left are actually worth more now, as they are about entering their season of heavy laying and greatest profit. The profits from a flock of similar size in 1903 were: February, thirty-two dollars and sixty cents; March, sixty-seven dollars and twenty-seven cents; April, seventy-one dollars, and eighty-five cents. I raised five hundred chickens from selected specimens and layers, hatching them with hens and brooding them in an abandoned hotbed. Did space permit, I should like to tell you of my hotbed brooder—of how I raised my five hundred chickens without a mother, and with the loss of scarcely a chick. Finer, healthier chicks I never saw. I sold broilers from them in May at ten dollars a dozen, alive. In summer they are allowed free range, which much reduces the feed bill. In winter small grain is scattered in litter, in which they are to scratch, which warms them, sharpens their appetites and gives them essential exercise. A mash at noon, with beets or cabbage, water, grit and shells always by them, means a full egg basket.

To those contemplating raising poultry, my advice is to start with the best standard-bred fowls your pocketbook will permit, remembering that success depends upon care, cleanliness and attention to detail.

In addition to chickens, one can raise turkeys, ducks and geese quite as profitably if their surroundings will admit of it. For the amount of time, labor and capital used, I consider the raising of poultry one of the best-paying things one can undertake.

Raising Canaries for Sale

This is a business that can be developed in any locality, all that is needed being care and faithful work. I made my start with an outfit of four birds—one singer and three females—of the Harz Mountain variety. By being particular in mating them, letting two of the female canaries rear their own young, and placing the singer in a separate cage with the other female, I raised five clutches of birds—having sixteen young ones to repay me for my trouble. I sold none that year. The following year I exchanged some male and female birds with neighbors, so as to have a different cross, and that season I had more than one hundred birds, selling singers to friends for two dollars each, and females for fifty cents each. The singers I still

cared to dispose of I sold at a bird store for one dollar and one dollar and twenty-five cents, according to color and breed. That year I netted sixty dollars from my birds, and had twenty-one birds left for future use.

My expenses were not large. My first outlay was two dollars and fifty cents for the first singer, the females being given me. I bought my seed at wholesale rates, getting fifty pounds at a time at four cents a pound. My cuttlebone I bought at twenty-two cents a pound, which gave me a ten-pound basketful, whereas I would have paid five cents a bone by the piece. I fed the young birds on hard-boiled eggs rolled in cracker crumbs until three weeks old, and had no difficulty in raising some fine birds.

This work has passed the experimental stage, as I have been at it for fifteen years. An aviary was built for my bird family the second year of the business, and a large branch of hemlock was put into it, besides the perches for the birds to rest upon. Bird raising has kept me in extra money, and I have made it a success.

Taking Orders for Plants and Shrubs

In January I sent a list of names to my florist, and requested him to send each one his catalogue. As soon as I could, I called on them and asked if they would not like to order from the catalogue. I was really surprised to see how soon I had a nice order.

When the plants came, others saw them, and asked me to get some for them; and even at this late season occasionally some one wants a fern or a palm, and I continue to get my commission. I have to pay the expressage, but enough nice plants are put in to cover all expense, and I sold my extra ones at once. I have made a good many dollars at no expense.

In our town plants are so expensive that people of ordinary means do not care to invest so much; but when they are shown a catalogue, where they can get nice plants for five and ten cents apiece, they are always glad to give you an order. In the fall you can get orders for bulbs and roses.

All the florists whose catalogues I have noticed give a commission. It is best to order from the one nearest you, as you save expressage, and the plants are better suited to the climate. Mine came in a day, and were so fresh that they never stopped growing.

Flower Garden

My sister and I have found the flower garden an easy means of making money.

To start with, we had quite a number of flowering shrubs—lilacs, syringas, spiræas, etc.—and a large number of dahlia and gladiolus roots saved from last year. These we started in boxes and pots, and sold quite a number at five cents each. This was not a large price, but it gave us the means to buy a few roses and a lot of seeds. We started seeds of asters, pinks and verbenas in boxes in the house, tranplanting them as they needed it, and so had good-sized plants ready to set out in the spring, and now (August) they are covered with flowers.

In addition to the dahlias we already had, we bought a set of bouquet dahlias from a reliable florist, and we find them a great improvement over the large-flowered ones for bouquet making. For some reason they bloomed much earlier than our own plants, too.

By looking at our account, I see that we sold our first flowers in March, beginning with daffodils. Then followed narcissus, hyacinths, tulips and the earliest-flowering shrubs, so there was no interruption—we had something ready for every week. Occasionally we would buy something already in bloom to help us out; but soon there was no lack, and now (August) we have ready for our use dahlias, roses, verbenas, gladiolus, pinks and geraniums in colors, with sweet alyssum, white verbenas and white dahlias for white. But with the roadsides and many fields covered with yarrow and wild carrot, we do not need to grow many white flowers, as these are both so fine and delicate. The wild carrot is, in my opinion, very much prettier than the much-praised gyphsophila. We make free use of it for filling up and edging our bouquets, and then finish them either with arbor-vitæ or geranium leaves.

We do not get fancy prices for our bouquets—only from five to fifteen cents a bunch—but there is a ready sale for them in our near-by town, especially on Saturdays, when they are wanted for church and cemetery decoration.

The receipts from our flower garden

up to this time (August) amount to forty-six dollars, and we have still two months before we will have killing frosts, so we hope to add considerable to it yet. After the frost we will take up the dahlias and other tender roots, and put them away in the cellar, protect our rose bushes, bring in our plants for winter blooming, and make many new plans for our flower garden for next year.

We also make a little money every year by selling dried sage. We have about two dozen bushes that are at least twenty years old. Every spring they are worked around and manured, but receive no other care. About the first of August we make the first picking. This is tedious work, as we pick the leaves singly. Then they make another growth of leaves, and about the time for heavy frosts we cut the branches off close to the bush, and take them into the house, where we can pick off the leaves at our leisure. The leaves are carefully dried, then packed away in barrels until sausage time, when there is a general call for it. We formerly received forty cents a pound for it, while now we get but twenty-five and thirty cents, but it adds that much to our income.

Raising Strawberries

My way of making extra money is by raising strawberries. I set out a bed of from three hundred to one thousand plants, doing all the work myself except preparing the ground. I keep it cultivated with a garden cultivator and hoe. When runners start, I see that they are properly covered to root, and when fall comes a fine strawberry bed is ready for bearing another year. When it freezes up, my husband covers the bed with a straw mulch. In spring the mulch is removed, and in two months the reward will come in the shape of large luscious berries which sell in town faster than you can hand them out. I am a farmer's wife, with six in the family. I do my own work, care for the poultry, garden, etc., yet find plenty of time to care for my strawberry bed, which nets me from forty dollars to over one hundred dollars, according to the size of the bed, and will continue to bear good crops for three years without much work, when a new one should be set out. I live four miles from town, the population of which is about six hundred. I get from twelve and one-half cents to fifteen cents a quart for the berries. I could always sell more if I had them. To any woman who has from one-fourth of an acre to an acre of ground there is no easier way of earning extra money than by raising strawberries. It requires but a small outlay of money—one thousand plants costing from three to five dollars. The cost of boxes is very slight. My children help me pick the berries, and I deliver them myself.

Raising Early Vegetables

There was a steady demand for early vegetables in our little town. We had a large cellar, with three broad south windows, and this I used as a green house. I made several dozen bottomless pasteboard boxes about three inches square and four inches deep. These I set on broad boards, and filled with rich, leafy soil, mixing it well with a little sand and well-rotted chicken manure, and then planted four or five seeds in each. I decided to raise only tomatoes and cucumbers, and selected early dwarf varieties of tomatoes, and white spine and green cucumbers. I watered them well, covered the boxes with old window panes, and set them near the kitchen stove. While the seeds were sprouting I had six old barrels prepared for the coming plants. In these barrels I put some worn-out shoes, old scrap iron and a few rocks for drainage, and on this I put rich soil. When the young plants in the boxes put out second leaves I thinned them out to one tomato and two cucumbers to a box. I then took them on their boards to the cellar, and put them in a sunny place, giving them a great deal of water, and turning the boards every day in order that all might get sunshine alike. Six weeks after planting I put them in the barrels—two tomatoes and two cucumbers to each barrel. By sliding the bottomless frames over holes made in the soil of the barrels, the transplanting was accomplished without disturbing the roots, and the growth was unchecked.

As soon as the weather grew warmer I opened the windows each day to accustom the plants to outside air, and as soon as the danger of freezing was over I had the barrels moved to the garden and sunk half their depth, protecting them from frost at night by throwing old carpets over them.

At least six weeks before any one was dreaming of home-grown tomatoes and cucumbers my vines were full. I found a steady sale for them all at good prices. Our grocer declared that the shipped Southern vegetables were not "in it" with mine.

The sum spent in my gardening was less than three dollars, while the sum realized from sales was many times that amount, and the work amounted to almost nothing. Any one can try this plan, for it is within the means of all.

A Sewing Class

Start a sewing class for young girls. Let them meet on Saturday mornings from 10:30 to 12:30. Teach them to do hand sewing alone. Teach hemming, felling, whipping, gathering, hem-stitching, French seams, French knots, in fact all sorts of neat hand work. Let the girls begin by making plain little cotton bags of pretty silkoline for soiled-handkerchief bags, and then when they are further advanced they can make their little gifts for Christmas. Much can be accomplished by a class of this kind if conducted properly. In most communities thirty-six girls can be easily formed into a sewing class and at twenty-five cents a week the income will be nine dollars weekly.

Making Things Over

For the woman who has taste and skill in making over articles of clothing a wide field is open. Let her make it known that she is ready to take any available material and make it over into neat and serviceable garments, and she will not lack for employment even where there are many dressmakers.

"Making over" is disliked by most dressmakers, and an opportunity to carry such goods to a pleasant, tactful person who would see all its possibilities and bring them out satisfactorily is hailed with delight. One who does such work must be careful to keep sacred the confidence of her customers. No one would be pleased to have the details of her economy told to others, or the fact made public that the pretty waist she wore was made out of her sister's old skirt.

In connection with this work one should keep on hand a small stock of dressmakers' findings. These could be bought at wholesale prices, and furnish a small profit when sold at regular rates.

I know this plan can be successfully carried out, for in my early housekeeping days, having considerable leisure, I tried it, and was having all the work I could do, when increasing household cares obliged me to give it up. I had never learned dressmaking except by making my own and sisters' dresses. I could fit nicely by the use of reliable patterns, and had the happy faculty of making much of little. I made up new material or old, as desired, into clothing for women, girls or boys, and with the money earned thereby was able to buy many a coveted bit of furnishing for my home.

Hemming Table Linen

Any energetic girl who is a good "needlewoman" may easily earn plenty of extra money at home by hemming table linen. There are always busy housekeepers and rushed prospective brides who are only too glad to secure some competent person to do this particular work for them. Of course, the girl who can embroider initials on the linen, as well as hem it neatly, can earn much more. If the napkins and table cloths are soaped along the sides to be hemmed before the hem is turned, the hemming when finished should be practically invisible on the right side. With the linen thus softened and made more pliable by the soap well rubbed in, one may not only do far neater work, but also accomplish much more than otherwise.

Making Hand-Decorated Novelties

My own experience with home work began with my desire to earn my own church money. It seemed so much more like giving when I gave my own earnings. I have a fairly good hand with the brush, and although my ambition runs far ahead of that talent, yet I have cultivated what I had, and by that means have made, and still make, many a dollar right in my own home and without much outlay of money. My work is in small decorations for the home, such as match scratches, folios for veils, booklets to hold embroidery silks, handkerchief cases, needle, rolls, pillow covers, laundrybags, etc. These are all decorated either with pen in indelible ink or with water colors. One little article I made for a fair in

October, and by Christmas I made seventy-two orders for that one article. I make a specialty of getting things that will please the young ladies, for they are always wanting something new and catchy for their rooms. A little poster that I made last Christmas sold very well indeed. I made dozens, and made money on them, too, although I sold them for only twenty-five cents. Just before Christmas, Saint Valentine's Day and Easter I send cards to my friends, stating that I have hand-painted novelties now ready for them to see, and they come and give me their orders, so that I get them ready in time. I find the work delightful and profitable, and I would say to any woman who has a "handy hand" that unless she wants diamond stick pins she can make her extra money the same way that I have, by making inexpensive house decorations that attract the eye and brighten the home.

Salable Trifles

My outlay of money was small; the result I considered large. First I purchased some pieces of red, blue, violet, pink and yellow satin, embroidery silks and several yards of delicate, though inexpensive, lace. The milkman kindly supplied me with all the bran I wanted free. I procured a number of pasteboard boxes, such as all department stores willingly give away for the asking. The next purchase was two sheets of water-color cardboard. At a box factory I secured three dozen little wooden jewel boxes, with hinged covers, for three and four cents apiece. Lastly I added a can of white-enamel paint and a yard of white velveteen.

After sandpapering my boxes entirely smooth, I gave a dozen of them two coats of the white paint, both inside and out. One dozen I painted only on the inside. From my pasteboard boxes I cut pieces to fit the bottoms of the jewel boxes. Each of these was covered with the velveteen, held in place by a drop of liquid glue, making a soft bed for the jewels to rest upon. On the covers of some of the boxes I painted sprays of wild flowers, on others a cluster of shells and seaweeds, and some were bedecked with a tiny landscape or seascape. For painting on the white enamel I mixed a drop of ox-gall with the water colors. The unpainted boxes were given a coat of shellac after they were decorated. These boxes sold for thirty-five, fifty and sixty-five cents each.

From my satin I made a number of plump, bran-filled pincushions, cutting tops for each from fine white linen, which I fortunately had in the house. For the red ones I embroidered a spray of holly leaves and red berries in diagonally opposite corners. When the embroidery was finished, I turned up the linen once all around the edge, and basted it. After laundering, I sewed the lace around, making it rather full at the corners, then pulled out the bastings, pinned the cover to the cushion, and put a gay red bow in each of the two corners where there was no embroidery. A large pink cushion had sprays of oxalis in two corners and pink satin bows in the other two; the yellow cushions had pansies, the violet-colored ones violets, and the blue ones forget-me-nots and bachelor's buttons. These sold for from one dollar to three dollars, according to the size.

From my water-color cardboard I cut a number of dozen dinner cards three and three-fourths inches by two inches. In the upper left-hand corner I made a small design. One set was wholly vegetables, another fruits (the designs for which I found in a seed catalogue). A third had animals, such as rabbit, fish, turkey, stag's head, rooster and goose. One set had a single flower on each card, and there were several holiday sets decorated only with holly. Some of the cards I did in water colors and some with pen and ink. There were twelve cards in each set. They sold more readily than anything else. The first person who saw the vegetable sets bought one for one dollar and fifty cents. A stationer ordered fifty of the pen-and-ink ones for Thanksgiving, paying ten cents apiece for them.

The first autumn I attempted making extra money in this way during my spare time I cleared twenty-five dollars at the holiday sales, which encouraged me to try again. Most of the articles were sold by the women's exchanges, which hold sales at various seaside and mountain resorts during the summer.

Knitting

I will give the experience of an acquaintance of mine who was desirous, as most women are, to make some extra money. She began to consider the best

plan to make some money for herself so as not to annoy her children, as she was a widow. Having been taught to knit from early childhood, she made arrangements with her family grocer to have a small case in his store, which she was to keep filled with mittens, cuffs, baby socks and any other fancy work she might choose to make. It was a success from the very start, and she soon found that her own labor alone would not keep up with the demand for her goods. So her son, who travels a good deal, said to her, "You must have one of the best knitting machines made, and I will investigate the matter, and have one for you just as soon as possible." He soon learned what machine was considered the best on the market, and was able to purchase a second-hand one nearly, if not quite, as good as new for half price. His mother very soon learned to use it as readily as a sewing machine, and could do the work she had done before in just one-fifth the time. She earned just five times as much as she had knitting by hand, and the machine became so popular that every one in the home could knit as readily as herself.

One day a poor neighbor woman came in, and seeing it work, she exclaimed, "Oh, I do so wish that I could buy one, and earn enough money to support myself, for it would be so much easier than slaving it over the washtub!" So, after a family consultation, they decided to purchase another machine, and let this woman work on shares. The new hand soon became very expert, and the goods became so popular that my friend began to supply the trade of two adjoining towns with her knitting. At the end of the first year her business grew to such an extent that she had four women working under her, and at the present time she has six. I think she herself has about all she can do to direct the work of her six hands, buy the raw material and fill orders. She allows the women to work in their own homes, and report to her twice a week. She pays them liberally for their work, furnishes all of the yarn and worsted, and does all of the shipping from her own home.

I am satisfied there is work of the same kind for any energetic woman who will conduct her business in the same manner. Even with one of these fine machines a woman can easily knit three pairs of mittens a day, and attend to all of her household duties besides. The material for three ordinary-sized mittens, even at retail, would cost not more than forty cents, and they will readily sell for twenty-five or thirty-five cents a pair. Now, with several other hands working for you, and buying at wholesale, you can see the profits would be very handsome. The work is so easy, and even amusing. To see a mitten or stocking grow so rapidly under your own hand, by simply turning a crank or handle, seems more like recreation than work.

Finishing Kodak Pictures

My husband has always been a "kodak fiend." In helping him I learned to do kodak finishing, and finally did all the finishing alone. Having become expert, I decided to try to turn my ability to some practical account. I purchased two dozen printing frames for three dollars, and the necessary chemicals and paper for five dollars. The bath room made a good "dark room." Then I prepared some good work, and placed some in our grocery, bakery and meat market, allowing them ten per cent on all work so secured. This was only two months ago, and I now have about five dollars' worth of work a day, which nets me more than one half. I do all my own housework, besides caring for my lawn and flowers. My business is steadily growing, as I will not send out inferior work. One could start with fewer printing frames and less paper than I did.

Snap Shots

When a woman is fortunate enough to own a good kodak she will be ready to take pictures of her friends at short notice, and they will be only too delighted to pay a small sum for one picture of a "just too pretty for anything" gown or for "a love of a hat." Some mama will be sure to want her darling taken when she is "too cute for anything," or her boy in his first trousers. You go to the gallery for your portrait, not for "snap shots." Try this method, and see if you do not soon have a balance on hand.

Subscriptions for Magazines

A plan for earning money, proved by my success to be a profitable one, is that of obtaining clubs of subscribers by means of the mail. Many women shrink from

personally soliciting subscriptions, while others lack the time necessary to dress and go on a canvassing trip. My method has resulted in bringing me large numbers of subscriptions, and furnishes me with an appreciable amount of extra money. It possesses the merits of simplicity and economy, and may be imitated by city or country dwellers with good prospects of success. I first select the publication which is to be my stock in trade, choosing one for the household and the one containing the most interesting departments. I ascertain its cash terms to agents, and get some sample copies, then I make out a list of the addresses of all my friends, relatives and acquaintances. At odd moments I write them. When I know a person's preferences, I mention the part of the magazine likely to please them. If a woman is fond of fashions, I draw her attention to that department; if some one in her family delights to decipher puzzles, I mention that phase of the magazine; if there are children, I speak of the excellent children's page. If I do not understand their likings, I simply and sincerely write concerning the general excellence of the publication for the family. I never hesitate to say to my friends that I shall consider it as a personal favor should they subscribe. This I do not consider mendicancy, as I offer no magazine not well worth the amount asked for it. I always enclose a stamped self-addressed envelope, for I have come to the conclusion that this outlay is money well spent. It makes a reply so easy, that I believe a large number reply at once who might otherwise procrastinate and forget. I get addresses of my friends' friends, asking permission of the former to mention their names in my letters of description. In most cases the editor of the magazine you select will see that sample copies are sent to lists of names given by you if you inform him of your reason for requesting such action. The letters can be written evenings or in odd hours and half-hours when other work is a burden. I use a good linen paper, and write clearly with black ink. The attractive appearance of a letter helps to influence the mind of its recipient. This is a profitable plan for earning extra money. The capital required, being merely the cost of postage and stationery, may be limited to the capacity of the worker's purse until a start has been well made.

Converting Local Papers into Cash

Probably every reader has at times received circulars from certain firms, and wondered how these houses obtained his name and address. In some of our large cities there are press-clipping bureaus, that buy certain kinds of items clipped from newspapers. They have representatives in various parts of the country who collect these items for them, paying the collector so much apiece for them. Their circulars tell what kinds of items are wanted. "Personal" items are wanted, to obtain the addresses of individuals. Names of people afflicted in various ways are eagerly sought, to be sold to patent-medicine manufacturers. Birth items are wanted by baby-carriage factories. Items that refer to loss of limbs are bought by firms that manufacture artificial limbs. The firm for which the writer has worked buys over one hundred different kinds of items. It can readily be seen that a great many such items could be collected by perusing the papers, and converted into extra money. These firms generally restrict their representatives to papers published only in the county in which the collector lives, so as not to receive duplicates. In order to reduce expenses, the writer went to the editor of the local paper, and asked for all his county exchanges, promising to act in the capacity of local reporter in return for the papers. A wide-awake editor will readily agree to such a proposition. Even if it became necessary to pay so much a pound for the papers, they would cost very little, and it would still be a good investment. This work can be done at one's leisure. The work is rather pleasant and of such a nature that no one else need know that you are engaged in it, not even the editor from whom you obtain the papers. By watching the columns of various periodicals you can obtain the address of such bureaus. I know from experience that this is a pleasant and remunerative way for even women whose health is frail to earn extra money.

Entertaining

With my own two restless boys as a nucleus, I organized in the neighborhood what is known as a "Never Say No Club." The summer vacation was at hand, and the boys scarcely knew what they should do by way of recreation. This particular

club began thus: We sent out invitations for a party, and each boy was assigned some little part of the program. Some of the boys played the piano or violin a little, or were studying elocution, while one boy swung clubs. Some of the boys felt too timid at the last moment to perform even his little part, and begged to be excused. But they had such a bright, jolly time that they were ready and anxious to form a club, with games and ice cream to end the program.

No one was allowed at the meetings except the club members. This rule was varied, however, in favor of an occasional mother. These mothers were delighted to have their boys interested in entertaining themselves in so nice a way for an afternoon or evening each week. The dues were ten cents a week, and the only expense was the ice cream, which when made at home is quite inexpensive. Occasionally the entertainment was varied to a little semi-theatrical play in costume. Once they gave a real live play, with a trapeze performance, the different performers wearing tights. This was arranged in a neighbor's barn. New members were voted in by the boys, and one blackball excluded an applicant.

The boys' club was such a success that another afternoon was spared for the organization of a club for the little girls of the neighborhood, which was managed along the same lines, and occasionally a united party or picnic was held.

Out of these two afternoons a week the manager reaped a small fund, besides the reputation for managing children's parties, and she is frequently called upon to take full charge of a children's party in the city, for which her charge is from three to five dollars, according to the size of the party. The children think they must have her to manage their parties. She takes the list of those to be invited, gets out the invitations, and makes all the arrangements for the games. She has a large selection of games which have been tried and found popular among the children. These games are culled from every available source, including the magazines, grown-folks' games simplified, some dancing games, such as the May-pole dance, and some others which are always favorites with children. Her parties are always voted a success by both children and grown people.

To one who is fond of children and young people this is the most delightful work in the world, and the reward is soul satisfying. The opportunity of doing good is unlimited, for the manager of such a club is the confidential friend and adviser of every boy or girl belonging to it—not that she especially seeks it, but naturally the children count her as a friend who is sympathetic and approachable.

Opportunities in a College Town

To the woman living in or near a college town there are opportunities for making money without leaving home.

Knowing the college girls' love for pretty things to wear, and realizing the popularity of the stock collar, I made six new and pretty stocks as samples. I submitted them to a popular girl of the college, who showed them to her companions, and took orders. I was amazed when the list was sent me, and give the amount of expenditure and the sum received:

For the silk ones I was paid seventy-five cents, for each of the washable ones thirty-five cents, and for a design in bias folds and fagotting fifty cents. I received ten orders for silk stocks in different shades—pink, blue, red, white and yellow—making the sum of seven dollars and fifty cents; for the washable ones I had twenty orders, making seven dollars, and orders came for eight of the fagotting design, making four dollars; total received, eighteen dollars and fifty cents. For silk I spent one dollar and fifty cents; for bias roll binding ten cents; for linen and piqué, which I used in white, pink and blue, seventy-five cents, and for thread, beads and buttons, forty-five cents—in all just two dollars and eighty cents. My profit was fifteen dollars and seventy cents, and requests for something new assure me that I will have ready sale for any I may make that are within reason and that find favor in the eye of the college girl.

In the early fall I also found ready sale for the popular crocheted shawls, either in umbrella shape or scarf, which is newer and quite as well liked, and for fishnets made out of carpet warp. Two spools, costing twenty-five cents, will make a net that one could retail for two dollars and fifty cents. In a college town the nets are always in demand for the students' rooms, being used for draperies or to hold pictures. A child as well as

a grown person can make a net, as it is quickly and simply done.

Becoming tired of fancy work after the holidays, I began a new line of work suggested by the remark of a friend, who said, "Whoever saw a college girl that wasn't hungry?" Knowing by experience of the college girls' fondness for "fudge," I made a quantity of it, and on Saturday holidays sold all I had at twenty cents a pound. Later, with the help of a friend, I made up lunch boxes containing a small potted-ham sandwich, a pickle, a dressed egg, a raisin tart and a large square of fudge. On weekly holidays I sold these to the students, my supply always becoming exhausted before the demand.

These ways have been tested personally, and I can testify as to their great success. I am now planning a "pie day," when I shall be sure of disposing of all I can make and display.

BOOK VI.

Games and Entertainments

New Year's Eve—A Watch Party: Tables, Initial Resolutions, Tableau. **Twelfth Night**—A Revel: Walnut Hunt, Bowl of Cider, Dancing. **Saint Valentine's Day**—A Party: Invitations, Cozy Corners, Archery Contest, Guessing Contest, Proposals and Answers, Supper, Fortune Telling, Game of Hearts. **Saint Patrick's Day**—Feasting and Jollifications: Invitations, Decorations, Grab Bag, Soap Bubbles, Riddles, Charades, Hunt for Snakes, Songs. **Easter**—Table, Egg Dishes, Bunny Party. **An Oriental Tea for May**—Invitations, Decorations, Tempting the Muses, Refreshments. **Fourth of July**—A Frolic: Outdoor Pantomime, Shuffle Race, Hurling the Lance; A Military Tea. **Hallowe'en**—A Witch Party: Costumes, Tricks, Yarn Test, Egg Trick, Throwing the Sticks, Bobbing for Apples, A Magic Cake, Supper, Fortune Telling from Tea Grounds, Finale; Other Hallowe'en Tricks: Three Bowls, Stringing a Raisin, Mirror Trick, Blowing the Candle, A Test of Courage, Launching a Shell, Jumping Contest, Feasting, Dancing, Burning the Witch, Ancient Rite of Nut Burning, Ghost Stories. **Thanksgiving**—Dinner Decorations; Old Menus: Colonial, New England, Indiana, Southern. **Christmas**—Stockings by the Hearth, Christmas Tree, Table Decorations, Menus, Games. **For Various Seasons**—Shakespeare Luncheon; Ghostly Vaudeville: Stage Effects, Performance of "Shades;" Hunting Party: The Chase, Pictures; An Unlucky Party; Games: Prohibited Words, Clothes-Pin Croquet, Poem by Twenty Poets, Conundrums, Geography. **How to Get Up a Play**—Selection of Play, Cast, Parts, Rehearsals, Costumes, Stage, Creating Effects, Making Up. **For Children**—Four-Leaf-Clover Party, Noah's Ark Party, Stage Coach, Pinning Tail on the Donkey, Clothes-Pin Dolls, Soap Bubbles, Goober-Gobbles, Story Telling, Handkerchief Play.

BOOK VI.

GAMES AND ENTERTAINMENTS

NEW YEAR'S EVE

THE hostess who plans for a Watch Party to see the "Old Year Out" has little worry about decorations, for the Christmas attire is still in place and nothing could be prettier than the festive green and red for a winter-time gaiety. If holly cannot be procured to give the necessary touch of red, graceful festoons of bright red crêpe paper may be used. The little red "Christmas" bells hung from chandeliers and from the tops of doorways lend a further pretty touch to the decorations.

Tables

For sixteen guests the supper may be laid on four square tables, one representing "Spring," one "Summer," another "Autumn" and the last "Winter." This arrangement may be beautifully carried out by the use of artificial flowers, if real flowers are not obtainable.

Cover the "Spring" table with a pale lavender silkolene cloth, over which is a sheer white one. For a centerpiece have a Dresden china cupid vase holding violets with their leaves. Sprinkle a few violets on the cloth and have four glass candlesticks at the corners of the table holding pale pink tapers. In low glass dishes candied violets offer beauty and their delicate flavor.

For the "Summer" table have a pink cloth with runners of smilax crossing the table at intervals, and as a centerpiece a raffia basket of gray-green holding a burden of pink roses, which clamber over the edges in a most natural manner. Pink china candlesticks, or those in rose shade, holding pink candles, and pink bonbons in four seashells complete the arrangement.

The "Autumn" table is gold in tone. For a centerpiece have three oranges placed together, each with a slit in the top, from which rise sprays of autumn leaves. Gold and white china can be used, with four brass candlesticks holding yellow tapers. Bittersweet is another most effective autumnal decoration, if it can be obtained.

The "Winter" table should bear a snowy cloth. A centerpiece of white sheet cotton, cut in the shape of a star, glistening with powder and edged by sprays of poinsettia, and a wee evergreen tree in a red pot, bearing tinsel decoration and candied fruits, will give the right holiday touch. Bright red apples hollowed out to admit of holding a candle make the four candlesticks.

From the central chandelier hangs a red paper bell with the figures of the year upon its side. Red crêpe-paper streamers reach from this bell to a point on each of the four tables, where they fasten. The souvenirs at each place may be quaint calendars, all different, but each dainty in its own way.

On each table a round cake iced in white, with a "clock" in green or pink frosting on it, and the hands pointing to twelve, should form a part of the menu.

After supper artificial "dates," which may be bought at a novelty store, can be given to each guest. A slip of paper bearing any date that the hostess may care to place upon it should be enclosed in each "date."

At this moment a young man representing the New Year comes to the door and is admitted. Under his arm he carries a huge calendar, and he announces

that he is willing to reveal the secrets of the coming year. One by one the guests present their dates, and strangely enough, it is found that a fortune is recorded on these dates in the calendar. If the "New Year" is possessed of a ready wit and a vivid imagination, some startling secrets will be disclosed.

Initial Resolutions

A game that is merry for the moment is played by sending all the men out of the room and permitting only one of them to re-enter at a time. He may then ask any girl any question he wishes, the girls to answer in words beginning with their own initials.

For instance, if the question "How are you going to turn over a new leaf?" were asked of a girl named Susan Chase, she might answer, "Studying Chinese."

Of course the answers would be nonsensical and would cause much merriment.

If they do not prove sufficiently so to provoke at least a smile from every one, then let him who sits dignified and disinterested beware—he must be made to laugh.

The old imitation exercise of "Ha!—ha, ha!—ha, ha, ha!" etc., may first be tried.

Or some one may tell him a story.

All these means failing, the case is a hard one. Fie upon him!—a pin must be laid on the table and the stoic shall pick it up with his teeth.

Tableau

A tableau on the passing of the Old Year would form, perhaps, the most interesting close for a watch party, and if it is used, that part of the program in which calendars are distributed may be omitted.

Almost all houses nowadays are built so that two large rooms may be thrown together, and a tableau may be arranged by stretching a large curtain across the end of one of the rooms.

As the hour approaches midnight, the hostess bids her guests draw nearer together. The lights are turned low, the curtain is drawn, and all gaze in silence upon the old Gray Beard moving with laggard step into the Land of Nowhere. Meanwhile an impressive voice is heard to repeat some lines on the Death of the Old Year, of which there are many beautiful ones.

This is not a digression from the mirth of the evening, for exactly on the stroke of twelve a brightly dressed youngster bearing a banner of "Good Tidings" bursts into the room, quickly seizes the end of a ribbon leading to a large ball of tissue paper, which hangs from the chandelier. Instantly a small bell, hitherto concealed, peals forth, and a shower of confetti, bonbons and "Good Resolutions" descends upon the astonished guests.

And in this way a charming hostess wishes her friends a "Happy New Year."

TWELFTH NIGHT

JANUARY 6TH

N THESE days any novel form of entertainment is welcomed and when it has a suggestion of Ye Olden Time it holds a romantic charm for us all. Perhaps no festival has more interesting legends than twelfth night, nor affords so fertile a field for the picturesque and artistic.

The following Twelfth Night Revel may be carried out with very moderate expense. The invitations should be written in old English on paper tinted with sepia to suggest parchment, and sealed with a splash of red wax. The guests are quaintly advised that "Ye Revels will be opened in dominos and masks."

When the revelers arrive the door is thrown open by a little darky dressed in medieval gorgeousness, a brilliant turban about his head, loose baggy trousers, a blouse in barbaric coloring, and red Turkish slippers.

The guests are directed upstairs, where all throw dominos over their evening dress and adjust masks. The girls' dominos may be made of bright cambric.

Finding Partners

When all are assembled in the decorated parlors, the men are directed to draw

walnuts suspended by ribbons from the chandelier, and to read the conundrums inside. The girls have a similarly adorned chandelier, but in their walnuts are found

the answers to the men's conundrums. So the gentlemen move about in their somber Capuchin-monk dominos, trying to find among the brilliantly dressed maidens the one bearing the solution of his riddle.

Walnut Hunt

When all have found partners, each girl is given a little bag of bright cambric in which to carry the spoils of a walnut hunt. The nuts are hidden behind pictures, vases and cushions all through the rooms, and the mystery of the identity of each one's partner adds zest to the hunt. After twenty minutes the game is called to a close, and the couple with the largest bag of nuts receives amusing prizes.

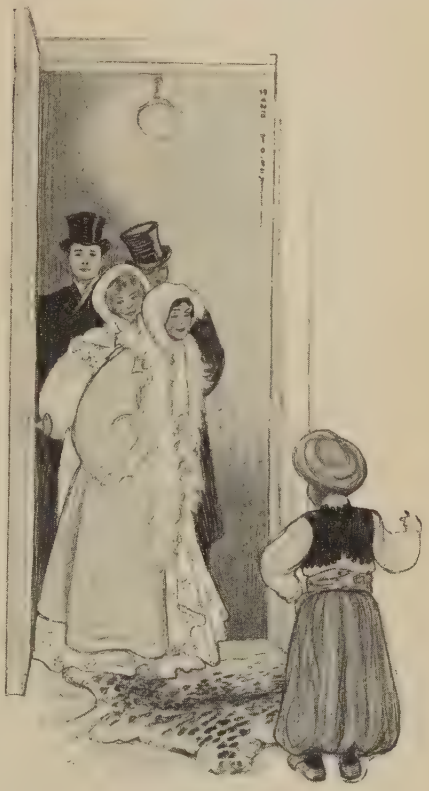
Numbers are then pinned on the dominos, and with pencil and paper all try to write the names of the masked revelers. Then the guests are called by number to step forward and unmask, and it is quite exciting to see the disguise thrown aside and ludicrous to find how many mistakes have been made. To the most successful diviner of his friends a small prize is awarded.

Refreshments

The men escort their ladies to the dining room, where many small tables for four have been laid. The refreshments are reproductions of ye olden feasts as nearly as can be planned.

It is a legend of Twelfth Night that the cake shall contain a bean and a pea, and that the man finding the bean, and the girl the pea, shall be crowned king and queen of the revels.

The proverbial coin, thimble, pen and ring are also in the cake. The coronation robes may be made of any bright material which will produce a gorgeous effect—a velvet portiére with tinsel gold lace for the king's robe, and velvet combined with silver brocade and long strings of pearls could be used for the queen's costume. The crowns may be made of cardboard gilded and adorned with brilliantly colored paste jewels. With a great deal of ceremony the winners of the bean and



Arrival of Guests

pea are crowned, and occupy the throne, which is made in one corner—two chairs on a small platform covered with fur rugs and tapestries.

Bowl of Cider

In accordance with the old custom, a bowl of cider with spices in it is brought before the king, and it is his majesty's duty to mull the cider. He puts aside his scepter, and plunges a red hot poker into the spiced cider, sending fragrant fumes into the room. Then he serves each and all of his loyal subjects, and they stand with their glasses until the king raises his cup to his lips, when in unison they exclaim, "The king drinks!" After toasts are offered to the king and queen, the subjects drain their cups. Some of the men seize the opportunity to kiss, on bended knee, the fair queen's hand.

Dancing

Then the floors are cleared for dancing, and the king leads his queen through the mazes of the Virginia reel and other old-time dances.

SAINT VALENTINE'S DAY

FEBRUARY 14TH

If you are planning to give a Saint Valentine's Party, remember that a jolly invitation is a good "starter" and a promise of the fun to follow. Heart-shaped cards imitating valentines, with invitations written thereon, will serve the purpose admirably.

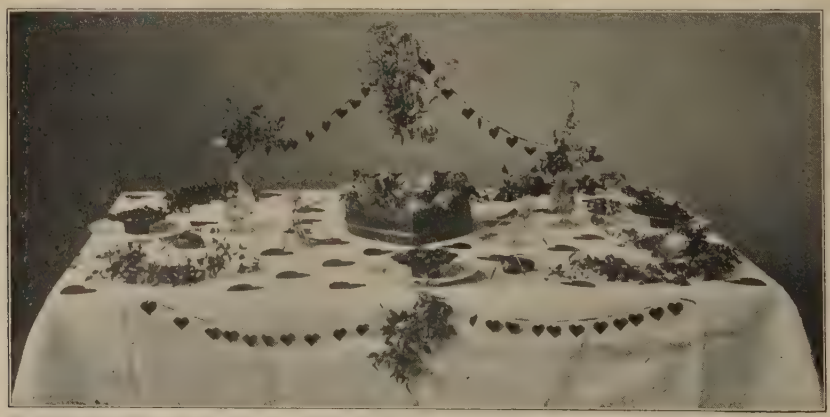
Cozy corners must be fitted up everywhere, and the only lights used should be waxen candles. The table can be easily trimmed with smilax or ferns, making two hearts intertwined, with roses in the center. A pretty effect may be obtained by stringing red and white tissue-paper hearts on four red baby ribbons, and suspending the ribbons from the chandelier, where the ends may be concealed under a large bow of wide ribbon to the four corners of the table.

The guests are received at the door by a little child dressed in a colored tarlatan spangled with gilt hearts. Miniature wings are attached to the shoulder blades, and a bow and arrow is jauntily held in place by a sash. To each lady the child gives a small heart-shaped bag containing candy for two, and the name of one of the gentlemen present.

When the bags are finally opened the girls hunt out the man whose name her bag contains, and keeps him for her partner during the evening.

Archery Contest

As Cupid bows and darts seem particularly appropriate to Saint Valentine's Day, provide some very small bows, and



Little Red Hearts with Flowers, Favors and Smilax Make the Saint Valentine's Table Gay and Bright

arrows with sharp-pointed tips. Have a Cupid roughly sketched on a sheet, his heart indicated by a red-paper heart pasted on, and when the guests have all arrived call them to the archery contest.

Each person should have the same number of shots, the winner being the one most often piercing Cupid's heart.

For a prize a tiny silver box or a heart-shaped box filled with bonbons would be appropriate.

Guessing Game

Next the men must submit gracefully to be blindfolded in turn. Then the girls come forward one by one, and with their hands folded together repeat these lines in a voice as much unlike their own as possible:

"Unto you I bring a heart
Still untouched by Cupid's dart.
Can you now its owner guess?
If so, please your love confess."

If he succeeds in guessing the name of the girl, the next one comes forward; but if he fails in divining her identity, he is required to pay her some personal compliment. Not having the slightest idea who she is or what she is like, the results are sometimes very amusing and afford much merriment to the onlookers, particularly the men who have already been through the ordeal.

Proposals and Answers

Pencils and paper must be provided, and the hostess requests that each guest write what he considers a model proposal, she a model answer, rejection or acceptance, as she sees fit. There will be some expostulation from the men, much giggling from the girls, but finally all will settle down to struggle with the problem of the "Model Letter Writer."

When finished the letters must be read aloud, each author reading his or her own. This is always an occasion for much mirth. A vote having been taken, the writer of the best letter is awarded a prize of a silver penholder.

Supper

NOTE.—For menus suggested in this book, see "Recipes of Best Cooks."

The supper should have a color scheme of green and red, little hearts being, of course, as much in evidence as possible. In the illustration is shown a very charming idea for the decoration of the table. Scarlet poinsettia, with its shiny green leaves, and red-shaded candles, are always effective. The ices should be served in heart-shaped red-paper boxes, and accompanied by little heart-shaped cakes. The old-fashioned "conversation lozenges" will help to keep the ball of fun rolling as they are exchanged between the lads and lassies.

The Fortune-Teller's Booth

A little stew of chicken hearts makes a comical entrée. A fruit salad, angel cake, sunshine cake and kisses are simple suggestions to add to the menu.

Fortune Telling

In case the hostess wishes another form of entertainment to fill up the evening,

she may arrange in one corner of the library a palmist's booth. This should be fitted up with bright-colored draperies and Turkish rugs to give it an Oriental appearance. The palmist, who should be dressed as a gipsy, may be some clever young lady who has made a study of palmistry, and there are always plenty in every community. She should possess sufficient diplomacy and tact to enable her to leave out unpleasant, distressful things, yet frequently come very near the truth, in the reading of a hand.

Game of Hearts

The game of hearts may be played for a stated time, say from half-past eight until eleven. The tables should be numbered exactly as for whist, and the time limit set by the head table, where three games are played, at the end of which a bell is rung for the other players to stop, although a game that is in progress should always be finished.

The score is kept on heart-shaped cards, one of which is given to each player. At the end of the third game the lady at the head table who escapes with the fewest hearts is handed a small silver heart (these may be cut from pasteboard and covered with tinfoil). With this she may cross the palm of the fortune teller, who is ensconced in the library. If a player who is entitled to have her fortune told has already listened to a reading, she must give place to another winner. After the ladies have all heard their fortunes, the men take their turns at the booth of the palmist. When a winner leaves for the Oriental tent, his or her place is taken temporarily by one of the hostesses.

It should be understood that there is a forfeit to be paid by any one speaking on any other subject than love.

SAINT PATRICK'S DAY

MARCH 17TH

HE seventeenth of March still serves to keep Saint Patrick's ancient memory green and calls for feasting and jollification by "each honest heart, whether Irish or not."

Invitation

Write the invitation on green paper cut in the shape of a shamrock leaf, and request that each guest wear a bit of green, to distinguish one from another.

Some of the guests will interpret the invitation literally, and consider a green cockade or the cross of Saint Patrick sufficient distinction, while others will doubtless appear in full costume as monaghans; or clowns, as fairies in green kirtles and scarlet mantles, as pipers with green and gold sashes, as May girls, witches—perhaps even as Saint Patrick himself, with "wig, white as flax," and "miter and crozier and book."

Decorations

After the invitations have been sent, begin the preparations for the evening's entertainment. First, plan the house decorations. To carry out the genuine Irish customs, hang large crosses made of straw and flowers over the doors—in olden times they were hung from the door posts. Festoon doorways, chandeliers and pictures with green bunting or crêpe paper. Geraniums and jonquils will vary the color scheme and also give the rooms a spring-tide atmosphere.

Devise a cock out of black paper, and give him a conspicuous place of honor, for on every March 17th he is solemnly sacrificed to the memory of Saint Patrick.

Grab Bag

The extent and arrangement of the decorations having been decided upon, next get ready the "grab bag"—any ordinary wooden box covered with green. Fill this with just half as many things as you have guests, but preserve a duplicate of each package. Here are a few suggestions for the "grabs:" Potato favor, papier-mâché snake, white toy lamb (regarded as a propitious possession against evil), candlestick, imitation horseshoe, green-ribbon cross, clay pipe, wooden mug, miniature shillalah, etc. All the packages should be tied with narrow green ribbon, and those kept in reserve

given to the girls as soon as all the guests have arrived. Then let the men grab for the duplicate gifts, and in that way "match partners" for the lively fun to follow.

Soap Bubbles

This is to be the dudeen contest, or the well-known game of soap bubbles. Provide each guest with a short clay pipe. The couple or partners who blow the most bubbles in one minute are the successful contestants, and each should be presented with a cake of soap.

Riddles

For the third number on the evening's program, fashion score cards (or buy them) of plain white cardboard, about three by four inches. In the upper left-hand corner paint in water colors a conventional shamrock leaf. No artistic talent is necessary for the execution of this simple design. Then fasten to the top of each card with narrow green ribbon a small pencil, with which the guests may write their answers to the riddle contest. The riddles are old Irish conundrums. Have them copied on a typewriter (omitting the answers, of course), and enough carbon copies made to supply all the guests. Here are some of the riddles:

"I threw it up as white as snow,
Like gold on a flag it fell below."
(Egg.)

"A bottomless barrel,
It's shaped like a hive,
It is filled full of flesh,
And the flesh is alive."
(A thimble.)

"I ran and I got,
I sat and I searched.
If I could get it, I would not bring it with me,
And as I got it not, I brought it."
(Thorn in the foot.)

To the person who guesses all or the largest number of the riddles correctly in a given time the first prize should be awarded. A stick pin in the design of a clover leaf in green enamel would be a most appropriate selection.

Charades

And now for the charades. These are not planned for the prize winning, but simply for the amusement of the guests, who are expected to help in their presentation. Get all the necessary properties ready beforehand, in order to avoid too long delays "between acts," and also arrange to have a sheet strung across the room, a few feet behind the portières, or stage curtains, for a background.

For charades the following are suggested:

Shamrock—A rock effect made out of dull gray cloth, which proves its instability when a weary traveler tries to sit upon it.

Candlemas—Lighted candle on a table, a rosary hanging from the candlestick.

Cork and Dublin—A man bent nearly double in the attempt to pick up a cork from the floor.

Whitsuntide—The letters W h i t scattered out of their regular order around a picture of the sun made on cardboard and fastened to the sheet, and a toy animal or a person tied to the leg of a chair.

Saint Patrick—Person dressed as a saint, with yellow pasteboard halo around his head, patting into shape a small rick or stack of hay.

Hunt for Snakes

A hunt for small snakes cut from cardboard and tied with bits of colored ribbon will make a splendid climax for the evening's entertainment, and incidentally furnish the means of providing each girl with an escort to the dining room. There should be as many snakes as guests. Hide one half the reptiles in one room, for the men to hunt, and the other half in another room, for the girls. Each man, as he hunts down his prey, goes in search of the girl who has found a snake beribboned like his own.

Feasting

By this time feasting will be in order. Nothing is daintier than a table decorated in green and white. Festoon the chandelier in the dining room with asparagus fern, and also the edges of the table, catching it gracefully at each corner. For the centerpiece a salad in the shape of a snake can be made surprisingly effective. If floral decorations are desired, prim-

roses will be prettiest, if you can get them, otherwise red and yellow tulips will be appropriate. The table should be lighted with green candles.

The Table

All the china should be green and white. So many attractive ideas immediately suggest themselves for a tempting menu that a choice is difficult. Of course there must be the salad, arranged in serpentine shape in honor of the Emerald Isle, where

"Many a sheaf I hear there was
Of shamrocks and of water grass,
Which there for curious salads pass."

The shamrock must perforce be omitted, but water cress, with the aid of lettuce and lobster, makes a delicious combination. By way of garnishing, add little green roses of cheese. Use just a drop or two of green vegetable coloring to a package of Neufchâtel cheese and mold into little balls. With it serve nut sandwiches. Pistachio and vanilla ice cream, with cake and confections, should follow.

Songs

Just before going home ask your guests to sing a few good old Irish "croonans," such as "Saint Patrick's Day in the Morning," "The Wearing of the Green," "The Harp That Once Through Tara's Halls," etc. "Mr. Dooley," "O'Hoolihan" and other popular modern Irish songs will suggest themselves.

And so, as of yore,

"Success attend Saint Patrick's fist,
For he's a saint so clever;
Oh, he gave the snakes and toads a twist,
He bothered them forever."

EASTER

THE festival of Easter has come to be recognized as a great day by the people of nearly all creeds, and it undoubtedly brings with it a message of hope which serves as an inspiration to better living.

Easter is the Sunday of all Sundays, when breakfasts and dinner parties are in order, and the household is quite to be pitied that does not have friends within its gates on this day.

But if you do not wish to entertain at breakfast, do have a dinner party on Easter, even if you are maid of all work. Do not allow yourself to be hampered on this day if your means are limited. It was Mrs. Stowe who wrote: "Who is not cognizant of dinner parties invited, in which the lady of the house has figured successively as confectioner, cook, dining-

An Easter Table

room girl, and lastly, rushed upstairs to bathe her glowing cheeks, smooth her hair, draw on a fine dress, and appear in the drawing room as if nothing had happened? Certainly the undaunted bravery of our American females can never

Eggs a la Bearnaise—a Recipe from a Noted Chef

enough be admired. Other women can play gracefully the head of the establishment, but who, like them, could be head, hand and foot all at once?"

The illustration shows an Easter table in white, with white roses and silver candle shades.

To afford the best welcome to guests the well-cooked meal plays a very important part. However expensive and beautiful the appointments, good cooking is necessary above everything else.

Eggs are often introduced as a course at a dinner.

Eggs à la Béarnaise are popular and furnish another way of serving eggs during the season of Lent, when every one is looking for novel egg dishes.

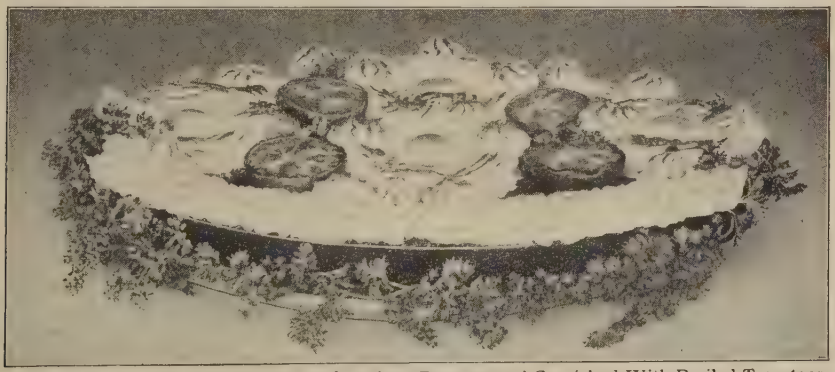
Planked dishes have long been popular, but planked eggs are a feast to the eye as well as to the palate.

An egg dish has been invented for the use of the small individual tin molds that are the just pride of so many housekeepers. When one is the happy possessor of a set, she wonders how she ever molded many of her entrées, salads and desserts without them.

Bunny Party

The principal feature of a child's Easter Party is a hunt for rabbits of every kind, from miniature candy ones to a real live white rabbit, which occupies a small gold bird cage prettily decorated with ribbons.

Before the hunt the children have no knowledge that there is to be a live rab-



Planked Eggs Arranged in a Border of Duchess Potatoes and Garnished With Broiled Tomatoes

bit at the party; they are just told that bunnies are scattered about the lower floor of the house, and that the child who finds the largest one will have the first prize. Numerous other things, such as handfuls of peanuts, small candies and little bags of broken candy are hidden in the various nooks and corners, and add much joy to the little hunters.

A live rabbit makes a delightful first prize to be given after games, or to be raffled for.

An egg hunt is by no means new, but is always a great source of enjoyment for children. The finding of the brilliant-colored, oval-shaped treasures is an everlasting joy, even though it be repeated year after year.

A nest may be filled with prettily dyed Easter eggs, on which may be written the names of the children. A simple way to put the names on the eggs is to write it on with a piece of wax, sharpened like a pencil, before the eggs are dyed: the waxed place will not dye.

AN ORIENTAL TEA FOR MAY

The month of May holds all the suggestion that a hostess requires to inspire her to give a charming little entertainment to her friends, where hospitality can wear its most entrancing garments, for the newly awakened spring will gladly aid her by paying the florists' bills adding beauty to good cheer.

In the month of blossoms an Oriental Tea is not a difficult mode of entertainment to arrange, and it can have that touch of originality which is the surest means of success.

Invitations

Write the invitations in India ink with a small brush, either on Japanese napkins or on little fans. Set the hour from four to six, when the afternoon's streaming sun will lighten the rooms sufficiently. If the day is warm, it is pleasant to let out of doors come in.

Decorations

Try to give the parlors and the dining room an Oriental look. Low divans

A Pretty Tray of Japanese Lacquer

and seats, with an abundance of cushions, should be in evidence, scented joss sticks mingling with the sweeter perfume of Nature's blossoms. Upon the walls over the pictures and the doorways should hang the blooms that give the month of May its wealth—cherry and apple blossoms, dogwood, the delicate shad blossoms and beautiful wild azaleas of woodland search. All these are lovely in masses, and in the arranging the most amateur decorator cannot go far astray. In the dining room have a border of wire netting stretched across the upper part of the wall, through which the stems of these same blossoms, intermingled with dark laurel leaves can be twisted.

If the day is fine, and even if only one or two fruit trees grace the garden, it is pleasant for the guests to be at liberty to wander out under the sky. Have one or two garden benches set at convenient spots.

Tempting the Muses

If the hostess or any of her helpers are poetically inclined, it is a pretty fancy to have them meet the day before to tempt the Muses, that the guests may find little missives directed to them hanging to the boughs of some tree in bloom, thus carrying out the romantic fashion of the Orientals, who write little verses and hang them upon the trees "alight with spring."

Small tables at which four persons may be seated should be covered with unique table covers made of pink cheese cloth, a little smilax trailing over the edges. The only ornaments upon these are small Japanese bowls filled with apple blossoms. To these tables the guests are expected to come for refreshment in true tea-shop fashion, this being a novelty that will be appreciated as a deviation from the usual way of eating an ice in a crowded corner at an ordinary reception. The maids may or may not be in Oriental costume, as a hostess wishes. As four guests seat themselves at a table, a maid sets before each person a little tray covered with a pink Japanese napkin, on which is laid the necessary service of silver, a glassful of water, napkin and Japanese plate. Having these trays greatly facilitates the ease with which the waitresses change the table for the next four guests who take their places. Tucked at the side of each of these trays is a little Oriental favor. Some of these are tiny Japanese umbrellas, or fans, or funny little dolls.

Cherry Sherbet

The refreshments at a party of this sort are not easy to decide upon.

The wise American hostess will pursue the national habit of taking the best wherever she finds it, and displays a royal disregard of the boundary lines of this or that empire or kingdom. She may offer her guests jellied chicken formed in tiny molds and turned out on lettuce leaves, accompany this with dainty sandwiches, serve an asparagus salad, strawberry and cherry ices, and provide plenty of Oriental sweets in the line of crystallized ginger, dates, fig paste, Turkish delight and similar delicacies. She does not hesitate to put with these wee cakes, white iced and sprinkled with candied rose leaves, because these are pleasing to both the palate and the eyes. For drink there is coffee, chocolate and a big bowl of fruit punch, wherein are cherries galore.

FOURTH OF JULY

For a Fourth of July Frolic decorate your grounds and make them as festive as possible with fluttering flags, floating streamers, red, white and blue bunting and Japanese lanterns. Also provide a number of small flags, one for each guest, to be worn in the hat, hair, belt and buttonhole. This little touch of uniformity will not only make the scene gayer and more exhilarating, but, like badges of an order, will have the effect of dispelling the stiffness of new acquaintance and bringing the party closer together as one band of merrymakers.

The following order of entertainment is well adapted to the Fourth of July Lawn Frolic:

Outdoor Pantomime Charades
Shuffle Race
Hurling the Lance

"Whooping It Up" in the Shuffle Race

The program opens with the not too vigorous game of pantomime charades. This will give all the opportunity of taking part and alternately acting and resting.

Stake out the four corners of the stage with groups of flags, driving the sticks into the ground to hold them upright. Provide seats for the audience in front of the stage, and at the back or side arrange a screen as the actors' dressing room.

Divide the party into two sides of equal numbers, and let the first side choose a proverb to be acted out in pantomime, and guessed by the opposite side, which is taking the part of the audience. When the proverb is guessed the actors must retire and the other side take the stage.

If the subject of the first charade is not guessed, the same side must present another proverb, putting new actors in the place of those who have just taken part. Not a word must be spoken in the charade, but the actors must make their meaning as clear as possible by good acting.

The proverb "Make hay while the sun shines," requires but one act—the first part, "Make hay," and the last part, "While the sun shines." Making hay is acted out, and the sun shining may be implied by quaint sunbonnets and wide-brimmed hats worn by the actors. These may be made of newspaper pinned into shape.

Shuffle Race

The shuffle race, next in order, is funny. Its requisites are: For the girls, short skirts held well above the ankles, and low shoes or slippers, many times too large, worn over ordinary shoes. Unless the foot can be lifted out without touching the shoe with the hands, the shoe or slipper is too small. For the men provide the largest-sized slippers obtainable, having uppers only at the toes.

The course should be about one hundred feet over a smoothly shaven lawn. The contestants must stand in line at the starting point, and at the word "go" must start off on the race, shuffling along as fast as possible. The men have no advantage over the girls in the game, for it is no easier for one to cover the distance quickly shuffling along in the large shoes than for the other, and both look equally ridiculous in their absurdly frantic efforts to keep the shoes on their feet.

Hurling the Lance

After the shuffle race allow your guests to try their skill at "Hurling the Lance." Suspend from a limb of a tree, five or six feet above the ground, a small wooden hoop about eighteen inches in diameter, covered like a drumhead, with white tissue paper. Provide each player with a round, green, tapering stake five feet long —the white tipped kind that are used for propping up plants. On the blunt end of each stake or lance tie narrow streamers of red, white and blue, which will make a streak of color as the lance is sent hurtling through the air.

Clear the space on the far side of the hoop, that no one may be hurt by the falling lances, then have each player in turn throw his or her lance with the object of piercing the paper and sending the lance entirely through the hoop. Each player may have three trials in succession, and unless his lance passes through the hoop at least once he is counted out of the game. There are three rounds, and the player wins who at the end has succeeded most frequently in sending his lance through the hoop.

A Military Tea

The eve of the Fourth of July is, perhaps, the best day on which to give a Fourth of July Party for the young people. The glorious day itself is usually filled with too many attractions for both young and old to make it possible to devote time and thought to a social gathering of little folks.

Anticipation is the greatest pleasure of a children's party. Surprise parties were never intended for little folks. Endless little surprises may be sprung at the last moment, that will add to the gaiety of the affair, but the actual preparation and planning will form a large part of the real delight.

Invitation cards and envelopes to match, with the flag printed in red, white and blue, can be bought at almost any stationer's. Where these are not available, get plain cards, and paste a tiny flag across the corner. If the party is to be given in a small town or village, it is nice to let the little host or hostess deliver the invitations by hand. After they have been addressed, tie them in one direction with a bright blue ribbon and in the other with a bright red one.

There can be no prettier sight than a

table set in the national colors under the green trees or on a wide veranda, and surrounded by a number of gaily dressed little folks. The fluttering flags and highly colored decorations will be a delight.

Most charming little sets of crêpe paper, consisting of a large table cloth, twelve napkins and twelve doilies, can be bought for twenty-five cents at either toy, department or stationery stores. They are decorated with the American flag, the shield and the eagle in red, white and blue, all prettily embellished in gold.

A twenty-five-cent box of little wooden soldiers, set in marching positions, add much to both the color scheme and the children's delight. A tiny cannon makes a good centerpiece, and miniature cannons, costing from five to fifteen cents apiece, make amusing little souvenirs to be put at each plate. To these may be added groups of miniature lead soldiers —the variety that comes in boxes by the dozen.

The gaiety of the table is added to by placing a few snapping crackers, covered with red, white and blue paper, at each plate, and as the meal progresses the children will enjoy pulling them and adorning their heads with the liberty caps to be found inside.

A military tea is an amusing entertainment for small boys, and one that is very appropriate for the Fourth of July.

Sham battles are rare sport for such occasions, and at any toy store can be bought English and Boer, Spanish and American, and Japanese and Russian regiments. The boys draw lots for the side they shall take, and then place their men in line. Rules and regulations accompany each game, and all disputes must be settled by them. It is usually well to have some grown person read the rules to the youngsters before the game begins.

The boy who wins three out of five games gets the first prize, which might be a small cannon, a toy pistol or some other harmless firearm. The loser gets a booby prize of a small flag.

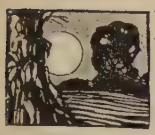
Where a large number of boys are playing, the winners of the first games play against each other for the first prize.

The more like fairyland the camping ground of a children's party can be made, the more successful will it be. As the light begins to fade, the beauty of the picture is much enhanced by having red and blue lights burned in a near-by shrubbery, so that the reflection will fall on the little ones at their meal. Strings of Japanese lanterns hung among the trees will also add to the picturesqueness of the scene.

This Table is Gay and Patriotic With Flags and Soldiers

HALLOWE'EN

OCTOBER 31ST



NONE of the festivities appropriate to the harvest season is more eagerly looked forward to by some of us—not so old as to have become indifferent to certain possibilities and probabilities—than Hallowe'en, which bids a merry farewell to old October and ushers in the last of the Autumn months. The methods of celebrating this special holiday have been culled from far and near, and one may make an excellent selection from the vast number of tricks and games that have afforded fun since so long ago that no one quite knows when.

A curious festival is this of Hallowe'en on the vigil of All Saints' Day. Of course, every one knows that witches and elves and all the strange people of that land of superstition dear to the young and the ignorant are wandering about this prosaic old earth, glad to shake off the sleep of the twelvemonth and show their pointed caps and hoary beards.

Just why the little people consent to lift for us the mysterious veil on that night it is hard to tell. Perhaps they, too, are playing "tricks," and that the "true love" seen in the mirror or betrayed in the whirling apple peel or foretold by the flickering candle is but a hoax, and not really the lucky man, after all. But whether or no, the playing of the tricks is universally voted "great larks," and no well-ordered household of young people would permit the thirty-first of October to pass unnoticed.

To an ideal Hallowe'en Party a very necessary setting is an old-fashioned barn with lofts and stalls, and perchance at the back an orchard of gnarled apple trees casting weird shadows in the moonlight; but if this is impossible, the kitchen's the place. Candles, apples and nuts are undoubtedly the most favorable media through which the witches may acquaint us with our future fates.

Jack-o'-Lanterns

The prettiest and most appropriate way of lighting a home for a Hallowe'en Party is by jack-o'-lanterns. Even in a city home illuminated by gas this may be done very effectively by removing the globes from the gas jets and substituting small grinning "jacks."

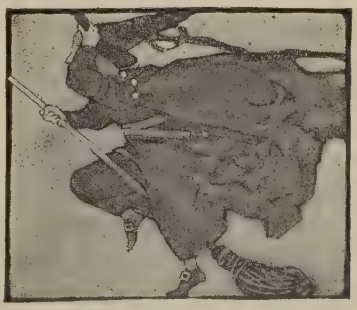
Hallowe'en Supper Tables

Place in the center of the table a pumpkin hollowed out, the pulp being taken out through a hole in the bottom. A grotesque face is cut on both sides of the pumpkin, through which a candle placed inside sheds its light. A small doll, dressed as a witch, in a red-and-black dress and a red cap of conical shape, stands on top, the traditional broom in her hand. The table cover is of black cheese cloth with an over cover of crisscrossed red ribbons. Small papier-mâché jack-o'-lanterns stand at each plate with tiny lights inside. The lights of the chandelier are turned low as the guests enter the room.

There should be a glowing wood fire in a large fireplace, and aside from candles shaded with red-paper shades, this should be the only light. However, this is sufficient to disclose the wall decoration of realistic bats made from black paper, together with black-cat posters, and several stuffed owls, which aid in the weird effect.

A Witch Party

It is to be a Witch Party, and unlike any other. Only witches and wizards are summoned, and all must come in costume —the girls in ankle-length white gowns, with long gray cloaks and gray witch hats, the men in ordinary evening dress, over which is worn a long, black wizard tunic, and a wizard hat. All the hats



and cloaks of the girls must be cut by the same patterns and made of the same materials, and all the tunics and hats of the men must be cut by the same patterns and made of the same materials.

The witches must look as much alike as possible, and so must the wizards, for the similarity of dress will be the cause of many absurd mistakes and much bewilderment as to the identity of the wearers, and will contribute not a little to the fun of the evening. Directions for making the costume should be sent to every one accepting the invitation, and time must be allowed for its preparation; therefore, it is necessary to have an early reply to the summons.

After the opening ceremonies, when the games become more active, hats and cloaks may be laid aside, but the hostess, as director of the Hallowe'en rites, should still remain the witch, and her dress after the cloak is removed should retain the witch character.

So much for the costumes, which add immeasurably to the weirdness and brilliancy of the scene.

A Witch

Tricks

Most of the evening will be occupied in consulting many old-time oracles relative to fate. In the center of the room is a large table circled with chairs. Here the merry crowd may gather, pairing off as partners according to the matched cards which are held by each.

A lighted candle is placed in the center of the table, and each has three trials of blowing it out by means of a tiny fan, with which each is provided. No one is allowed to move from his seat. If some one is farther off, the candle is placed as nearly an equal distance for each trial as possible. The fanning is successive—that is, each has one trial, then the second round, then the third. As each makes a trial one of the witches cries, in solemn tone. "Blow one, you'll live alone"—that is, if the candle goes out at the first trial. "Blow two, there's hope for you." "Blow thrice, you'll marry twice."

Yarn Test

The yarn test, which is the old, old method of discovering a maiden's future husband, will make plenty of fun. Have all the girls go upstairs and stand on the upper landing, all the men remaining in the lower hall at the foot of the stairs. Provide a ball of blue yarn, and let each girl in turn, without being seen by the men below, drop it over the banisters, holding tightly to one end of the yarn. Should she lose the yarn, she will remain a spinster; if the yarn is broken, she will marry none of the men present. When the ball drops, the men must try to catch it, and wild scrambling is likely to ensue as the ball eludes their grasp. When the ball is finally secured, the fortunate man must wind the yarn until it draws taut; then the girl at the other end calls out, "Who holds?" and the man returns a truthful answer, giving his real name. If the man recognizes the voice, it is so much to his credit; if not, he must wait for the future to disclose whose ball he has caught.

Egg Trick

Another potent formula is to break a fresh raw egg and drop the white into a glass of water. The queer shapes the albumen assumes will foretell the fate awaiting him who is seeking to know the future.

Throwing the Sticks

To discover the physical peculiarities of husband or wife, throw a large handful of sticks over the left shoulder. The piece that falls furthest away will show the future mate—whether he or she will prove to be straight or crooked, tall or short, slender or stout.

"Bobbing for Apples"

A time-honored frolic is "bobbing for apples," but because of the unbecoming effect of the immersion of one's complexion and coiffure in a tubful of water, it is not as popular as some other tricks.

The Cake

One of the most tempting Hallowe'en tricks is the cake, which usually forms a regular part of the evening's refreshments. This cake which contains a ring, is cut into as many pieces as there are guests at the party, and the ring naturally falls to the lot of the first to be wed.

A Magic Cake

A magic cake may be passed as one of the courses at a Hallowe'en party. This is a dark cake iced with chocolate and sprinkled with candied cherries. It is cut in generous slices before being sent to the table. It is prepared in this way: With an apple corer make a round hole in each slice of cake from top to bottom. In these holes place various infinitesimal surprises. China rabbits and mice, imitation wish bones, elves, a wee witch's broom—and, in fact, any favor that can be procured small enough to get in the round hole. "Witch Roses" cover these holes and adorn the top of the cake. These are made of black crêpe paper with yellow stamens, their wired stems finding lodging in each hole. Tiny china dolls dressed as fairies are sitting in the roses' soft depths, one in each. These are dressed in gaily tinted crêpe paper well rubbed with phosphorus, and the lights are turned low as the cake is brought in.

Supper

An old-time supper of sandwiches, cold chicken, pickles, fried cakes, pumpkin pie, apples, nuts and cider may be served picnic fashion while they sit around the table, free from formality.

Fortune Telling from Tea Grounds

Witches are noted for their ability to read fortunes in tea grounds, and when the witch hostess brings forth her black tea pot she will no doubt be hailed with delight.

In the first place, the fortune teller must see that each cup has the necessary grounds to present some picture. Whether a tea drinker or not, the cup must be emptied, and inverted on the owner's saucer, having first been swung thrice around his or her head to scatter the leaves into form. If there remain any drops, these indicate tears. A succession of lines, long or short, reveal a long life. A circle in the middle of the cup shows one of two things—if small, a wedding; if large, riches. If either are near the brim of the cup, the quicker one or both will come. A bird betokens a letter. A figure of a man or woman, a lover or sweetheart. An initial, the name. A series of dots forming a line signifies a journey. A heart, an engagement. If at the bottom of the cup, an engagement will be broken; if near the top, the engagement will terminate in marriage. If only a few pictures are seen, the life will be uneventful, probably single. A small square, an unexpected letter; if large, it will contain money or good news. If two figures are close together, man and woman, a rival is at hand. Tall, thin tea stems mean tall admirers. Curved lines are the roads to long or short life. An open ring or crown means honors or fame. Dust at the bottom of the cup means wishes gratified; at the sides of the cup, riches, greater or less, according to the nearness to the cup's brim. Little bits floating on the top are husbands one, two, three. Fan-shaped leaves mean good fortune from an unguessed quarter. Crosses mean ill luck; bent tea stems, a devoted lover and a journey. If all the grounds settle

in the bottom of the cup, and stay there after the cup has been thrice turned in its saucer, it is an unfailing sign that the person is engaged, even though not acknowledging it, and that wedding preparations are afoot.

Finals

Last of all, the candles are extinguished, the guests gather about the fire, and a saucer of alcohol and salt is set on the hearth and lighted. With no other illumination except from this and the blazing logs, the company, looking weird and spirit like in their flowing white garments, sit and tell ghost stories.

The party should break up just as the clock strikes twelve. Then the gray witches and the black wizards should resume their costumes, dance three times around the room, and take an elaborate and impressive leave of the hostess.

Other Hallow'een Tricks

One of the divers methods of divination by which maidens conjure up the future is the familiar test of the three bowls. This must be performed while blindfolded.

"These bowls of water, coffee, tea,
Will show you what your fate's to be.
Blindfolded go ahead and see
If bride, widow, spinster, you'll be."

This is sure to be great fun for the onlookers, anyway.

Stringing a Raisin

Equally good sport the girls find it to string a raisin in the middle of a thread about a yard long, and watch two of the company, each with an end of the string in her mouth, endeavor by chewing the string to reach the raisin first. Congratulations to the one who wins—she will be the first to marry!

A Mirror Trick

A mirror is brought into use when two girls, just at midnight, gaze steadfastly into its depths to behold the face of the true love of one of them, which is sure to be reflected as the clock strikes twelve. It is a strange fact, but true, that only one of the maidens will see a reflection, and it is for her that fate has consented to lift the curtain.

Blowing the Candle

Would you know whether or not you are to be married within the year? Then light a candle, place it upon a table, sit in a chair before the table, blindfolded, and with your hands behind your back, blow three times, and if you succeed in extinguishing the flame your matrimonial fate is determined—the day has only to be named.

Another favorite method of learning the name of her future husband is: She selects as many candles of equal length as there are men in her acquaintance whom she considers among the "probabilities," and after naming each one she lights them, and allows them to burn

five minutes. The candle that is the shortest at the end of the stipulated time indicates the chosen lover.

Another trick is to blow out the candle, swing a wedding ring against the side of a glass, and count the years, as it strikes, before she shall be married, and throw letters of the alphabet on water to spell her future husband's name.

Test of Courage

But the test requiring true courage is the medium of the mirror. A girl must stand before a glass, eat an apple and comb her hair at the same time, in the hope that the apparition of her "intended" will look over her shoulder. It is a crucial, soul-torturing moment. 'Twould seem all "Nature made a pause, prophetic of her end." And no wonder, the aspect of many of the apparitions considered! The spirit of mischief is abroad and can't resist playing tricks with young maidens out on a midnight's quest for husbands.

Launching a Shell

Many a venturous maiden of nautical inclination risks her fate to the treachery of the "high seas." Launching a "shell" of a boat, with the tiniest of tiny candles in its center for a searchlight, she watches with flushed cheeks its prophetic voyage across—a tubful of water. If her "ship comes in" safely, she may be pretty sure her life will always be smooth sailing. If the little craft persists in going only short distances and returning invariably to port, it is obvious that its owner will take many, though not long, journeys. If, alas! the light goes out, it means the end of voyaging forever. But best of all, dearly as she loves to "paddle her own canoe," a young girl delights to see some other boat sailing side by side with hers. Often the same results are arrived at by floating needles on a bowlful of water. Possibly this unique custom holds the origin of the popular couplet:

"Needles and pins, needles and pins,
When a man marries his trouble begins."

At any rate, the man finds himself, like the needle, in deep water.

Jumping Contest

Of all aquatic sports at Hallowe'en, trust the athletic girl to favor the jumping contest. Three little tin cups, each holding a small amount of water, and balanced on the stem of a funnel, are placed in a row along the floor, with a space of about two feet between each of them. She who can jump over all three cups without tipping one of them over is sure to hear soon the sound of her wedding bells; if one cup is overturned, or if even two are upset, she still may hope—but of the fatal third let her beware, for if it is tipped over it is a sure sign that she will never marry.

It may well be that by the time the evening is thus far spent, according to the various auguries consulted, many a girl is predestined to marry "Tom, Dick and Harry"—all three. When such confusion arises, she writes each name on a separate piece of paper, rolls each piece of paper into a ball made of wet cornmeal, and throws all three into a bowlful of water. Then whichever ball bobs up first will hold the name of the man she is really to marry. Is it Harry? Then Tom and Dick must fight it out between them as to which shall be "best man." If it is Tom or Dick, then the two that are left must do likewise.

Feasting

But with all these active feats of prophecy, be sure the feasting associated with Hallowe'en is not forgotten. Apples form a part of the goodly menu, not merely that the parings may be thrown over the left shoulder and spell initials on the floor, and that the seeds may be counted —apples are per se good eating. And so is the cake, with its hidden treasure of ring, dime and thimble, and the gingerbread, and the candy hearts with rings and beans cleverly concealed in their centers. The bean, like the thimble, is a symbol of single blessedness.

Dancing

After each girl has in some fashion or other learned for a certainty what the little god of love has in store for her, a merry dance with lively music winds up the evening festivities.

It is a sight worthy all traditions of celebrations on the festive eve of long ago— a scene in which the visible and the invisible seem to play at hide and seek. Spirits from another world hover first here, then there, mischievous elves trip the light fantastic toe, and all the creatures from fairyland vie with each other in grace and gaiety.

Burning the Witch

A still more spectacular feature of Hallowe'en as 'tis classically celebrated is the building of a huge bonfire, around which

a weird hobgoblin, baffling description, draws a car bearing the effigy of a witch. Fairies with spears attend the car, and at the proper moment, when the flames are crackling high, they form a circle around the car, and toss the witch unceremoniously into the fire, singing weird incantations the while she cremates.

After the merriment of feasting and dancing has spent itself, the girls gather around an open fire to perform the ancient rite of nut burning.

"And monie lads' and lassies' fates
Are there that night decided;
Some kindle, couthie, side by side,
And burn together trimly.
Some start awa' wi' saucy pride,
And jump out owre the chimle."

Last of all comes the telling of ghost stories rigmarole fashion. One member of the group starts the tale, giving its local setting and "color," another introduces the ghost—courageous little woman! —and all the rest of the story tellers vie with each other in making the atmosphere more and more uncanny and in producing spinal shivers, until sleep steals in and claims both girls and ghosts for the rest of Hallowe'en.

Sweet may her dreams be! Disturb her not, evil-eyed imps of darkness! Watch over her, good fairies and gentle cupids, and bring her love and happiness aplenty!

THANKSGIVING

Our Thanksgiving festival marks the extreme boundary line between outdoor and indoor enjoyment for thousands of people. Home life is at its best in winter, and Thanksgiving Day begins for us a period of family intimacy and neighborly sociability impossible at any other time in the calendar. We draw closely together around the hearth, and we share our common interests as we share the warmth of the fire and the glow of the evening lamp.

Thanksgiving means a great deal to one in whom the love of home has struck a deep and steadfast root. It means very much to one who has been a wanderer, and who, after years of absence, at last sees the blue smoke curl up from the chimney of the old and well-remembered kitchen. He may have lingered in foreign galleries and looked upon the great masterpieces of art, he may have dreamed beneath the Southern Cross, he may have visited palaces and been welcomed therein, but the old kitchen, with his mother moving about from the table to the shining stove, the well sweep, the lean-to, the shed packed with kindling wood, have been always in the back of his mind, and his heart thrills with a gladness that is love's own giving of thanks when he sees them all again.

Dinner as well as worship belonged to the old Thanksgiving, just as it belongs now, and it was as important a function then as now. We fancy the cooking was rather better than ours, for our grandmothers and their mothers knew

how to cook a faultless meal. For weeks the turkeys had been fattening and the golden pumpkins mellowing for the feast. All sorts of things that we have ready at our hand were then prepared in the individual kitchen with infinite labor and pains.

How the pudding was prepared before it retired for hours of solitude in the brick oven, only the Lord knew—the Lord and mother!

Decorations

The hollowed-out pumpkin with polished fruit as its burden is now too old to be a novelty, charming as it is for a harvest-home table. Take instead a long-necked squash, hollow out a place and fill to overflowing with small fruits, bonbons, flowers, etc. Tied with gay ribbons this centerpiece makes a pretty horn of plenty.

A big bunch of corn with the husks pulled back to show the yellow ear would also form an effective centerpiece.

Have a corn dolly fashioned in the manner we all knew so well in childhood as the souvenir at each place. They are not hard to make. A face is drawn in ink on the hard end of the stalk at one end of the ear. A shawl of husks, ample skirts and a hood of the same material are next arranged, a sash and bonnet strings of red baby ribbon adding a touch of color. It is easy to complete the little ladies with pigtails of corn silk hanging down from under their hoods. These dolls may be utilized as place cards by writing the names of the guests across their skirts. Bittersweet trailing over the table cover would add to its artistic appearance.

A bunch of red ears of corn should hang over the entrance of the dining room. Long ribbon ends, escaping from the bow which ties it, make this noticeable to any one entering the room. It will be the cause of much merriment, for who does not know that the red ear of the corn carries with it the same romantic privilege as the mistletoe of Christmas tide?

Dinner

Whoever heard of a Thanksgiving dinner without roast turkey? The menu should be so varied that all will surely find good things in plenty to their liking.

The menus given are all old-timers, and some of them have been handed down through long generations, since the time when the Colonial dames prepared that wonderful seven days' feast for Governor

Bradford and his ninety Indian guests, a feast which the lovely Priscilla helped to prepare, and to which the lucky John Alden and the doughty Miles Standish no doubt did ample justice.

It would be a nice idea to select from the old-time feasts a suitable menu for the less elaborate dinner of to-day.

No. 1—Colonial

"For all thy bounteous blessings, Lord,
Give us a thankful heart."

Clam Bouillon Graham Wafers
Celery
Colonial Raised Biscuit
Rye and Indian Bread
Dill Pickles Beet Salad
Venison Pasty Apple and Pork Roast
Mashed Potatoes Creamed Cabbage
Baked Squash Mashed Turnips
Roast Turkey Bread Dressing
Cranberry Cups Browned Sweet Potatoes
New England Plum Pudding,
Vanilla Sauce
Mince Pie Pumpkin Pie
Strawberry Tart Cream Cheese
Black Fruit Cake Cream Cake
Doughnuts
Junket
Coffee Punch Lemonade
Fruit and Nuts

No. 2—New England, 1621

Indian Pudding Molasses Sauce
Wild Turkey Beechnut Dressing
Roast Venison
Stew, Martinmas Beef
Barley Dumplings
Clam Chowder With Tea Biscuit
Hominy
Oysters a l'Indian Corn Fritters
Baked Askutasquash Cold Slaw
Baked Beans
Succotash Pumpion Bread
Mashed Turnips Supawn
Wild Honey
Dried Huckleberries Stewed
Nuts Wild Grapes
Rye-an-Injun
Beer Ebulum Metheglin

No. 3—New England, 1670

Roast Turkey Oyster Dressing
Venison Pasties
Clam Chowder Pigeon Pie
Corn Fritters With Mace
Baked Squash Indian Pudding
Mashed Turnips Carrots
Eels With Wine and Spice Sowens
Samp Pork Sausage
Baked Beans
Johnny Cake
Pickled Cucumbers Sweet Peppers
Pickled Butternuts Snap Beans
Mangoes
Buns
Barberry Jam Apple Butter Cranberries
Currant Jelly
Trencher of Apples Nuts and Grapes
Tea Coffee

No. 4—Indiana, 1830

Roast Turkey, Gravy and Dressing
Cranberry Sauce
Cheese
Roast Pork Sweet Potatoes
Smoked Ham, Boiled and Spiced
Mashed Potatoes Turnips Hominy
Onions Cream Dressing
Shredded Cabbage Egg Dressing
Butter in Form of Duck
Pickled Butternuts Sweet Pickle Pears
Cucumbers Nasturtium Capers
Apple Butter Peach Butter
Plum Marmalade
Hot Apple Sauce
Currant Jelly Quince Jelly
Basket of Früit, Nuts and Grapes
Pumpkin Custard Mince Pie
Hot Gingerbread Pudding, Brandy Sauce
Apple Pie Cheese
Preserved Peaches
Doughnuts Gingersnaps
Floating Island
Tea Coffee Milk
Mulled Cider

No. 5—Southern

A typical Thanksgiving dinner in Dixie fifty years ago included the following:

Gumbo Soup
Celery Pickled Sweet Peppers
Beaten Biscuit
Roast Pig Wild Plum Jelly
Candied Yams Boiled White Onions
Roast Turkey Sweet-Potato Stuffing
Cranberry Sauce
Creamed Potatoes
Southern Mashed Turnips
Baked Cashaw
Virginia Batter Bread
Sweet-Potato Pie Mince Pie
Georgia Plum Pudding Hard Sauce
Pecan Caramel Cake
Fruit Nuts Raisins
Coffee

The guests at a Thanksgiving dinner usually prefer to meet together and have a merry, old-fashioned, rollicking time rather than a formal program of music or reading or any set game. Have an open fireplace, if possible. Later in the evening, after all the guests have come together, it would be fun to crack nuts and pop corn around the fireplace, and have a merrymaking of the character of years ago.

The songs of Thanksgiving should be the songs of our country. Music and story telling, with perhaps a home dance that ends with a Virginia reel, may bring the day to a happy close.

CHRISTMAS

DECEMBER 25TH

A FROSTY tingle in the air! People hurrying to and fro as if their very lives depended on finishing their errands! A general feeling that something pleasant is going to happen! Everybody good humored and jovial, and children so happy that their little cups of bliss are full to the brim and running over! What does it mean? We all know the answer, the grandparents know it, the fathers and mothers, the shopkeepers, the eager bustling crowds, the little ones running about, and bless their hearts! getting underfoot and in the way. Everybody, old and young, knows the answer. Christmas is coming! Christmas is almost here. It is Christmas eve.

Away in the neighborhood of the North Pole, so the children tell us, and so we want to believe, Santa Claus is harnessing his reindeer and starting forth on his wonderful journey around the world. The trouble is we are all as blind as moles, and we do not see the old fellow; and as deaf as dormice, and so we seldom hear the prancing of the little hoofs as the loaded sleigh from the Arctic Circle goes spinning over roofs and around chimneys; nor have we ever caught for ourselves so much as one gleam of the good saint's kindly eyes.

The poetic myth of the old saint, with his reindeer and his jingling bells and his bulging pack of toys and bonbons, has charmed a thousand generations. The stockings hung by the chimney on Christmas eve; the presents filling them from top to toe in the morning; the bubbling laughter; the shouts of joy—the whole of this family pageant belongs to Santa Claus. We owe it to him. Gradually, as the mists of childhood clear before the sun, our small men and women discover that Santa Claus is not one, but ten thousand, that he is better than they knew, being just the spirit of love, good will and unselfishness.

Stockings by the Hearth

Two thrilling moments fill the home with rapture and set the children on tiptoe in a flutter of enthusiasm and excitement. One is the moment when the stockings are hung in a row beside the hearth. They must not be too close together, lest Santa Claus be inconvenienced when he opens his pack and begins his task. There are lots of things that fit into a stocking from heel to toe, and make it bulge all the way from ankle to knee.

The Christmas Tree

Shining with its starry tapers, lighted and glowing, the Christmas tree is a beautiful accompaniment of the time. In the Fatherland every home, from the emperor's palace to the forester's cabin, has its green tree garlanded with irridescent balls, and hanging thick with gifts for the dear ones.

Here are a few simple suggestions for those of you who mean to trim a Christmas tree for yourself or for others.

Pop-corn to be strung easily should be popped several days before stringing. For pop-corn chains string six kernels of corn to two cranberries. If you have a bottle of liquid gilt you will find that strings of gilded pop-corn make very beautiful Christmas-tree trimmings; also pop-corn dipped in Easter-egg dyes is very pretty, but of course this cannot be eaten. This and the gilded pop-corn can be put away and kept from year to year.

Christmas pop-corn balls are especially nice if they have a surprise in the center. Wrap some little gift in oiled paper and

pack the sticky pop-corn with your hand into a ball around it.

Fir-tree cones, gilded, make lovely tree ornaments.

A five-cent package of diamond dust or

ground isinglass sprinkled on cotton will make your tree seem laden with sparkling snow.

Small gourds dried and painted; peanuts gilded or painted and threaded to hang in bunches; strings of nut kernels and raisins; straws strung with dates and figs, with cranberries between to give color; apples with names outlined and stuck in them with cloves; oranges hollowed out and cut like jack-o'-lanterns to hold candles; small bright-colored kites; paper butterflies, their wings wired; baskets of braided raffia—all of these things, and many more, can be made by any boy or girl to decorate the Christmas tree.

Take English walnuts, and open them carefully with a penknife; take the meat out; put a fortune written on paper, or a new penny, inside; tie the two halves together with gay-colored baby ribbon, and hang the nut on the tree. Candies or nuts wrapped in tinfoil, or all kinds of nuts gilded solidly or in stripes, make the prettiest possible decorations, especially for a small Christmas tree.

Cookies cut in odd shapes—stars, crescents, animals, dolls, triangles, etc.—hung to the tree by little ribbons are especially nice.

Little cornucopias made of gilt or silver paper with a scrap-book picture pasted on the outside; also little paper "fly boxes," such as every boy and girl learns some time how to fold, look very pretty on a tree, and if they are made of bright-colored paper, and have little verses or fortunes slipped inside, they make great fun as well.

Gilt stars, cut out of pasteboard and gilt paper and attached to the tree by fine wires, are very pretty. Paper flowers also have great possibilities.

A Christmas Cake

Christmas-Tree Table

Decorate the center of the table with a four-armed candelabrum. This is fitted with red candles and concealed with evergreens, to simulate a small Christmas tree. Place low candlesticks at each corner of the table. These also should bear red candles and be decorated with evergreen; and circular name cards surrounded with a wreath of Christmas tinsel and fastened with a spray of holly should be at each place. The effect of the red candles and green leaves is very pretty. Holly doilies should be used under the individual dishes for bonbons and salted nuts. Fashion decrees that napkins should be placed at the left of each cover, and the silver should be laid to the salad course.

"Reindeer" Table

Arrange cotton wool, sprinkled with powdered mica, down the center of the table, to represent snow. Make a sled of cardboard, thirteen inches long, and cover it with red crêpe paper. Place the sled on the table and to it attach eight tiny toy reindeer, using red baby ribbon for reins and harness. Load the sled with little gifts, one for each guest. The presents should be done up in

white tissue paper tied with red ribbon and ornamented with small sprays of holly. From each package a ribbon extends to each place, and attached to it is a small sled, three and one-fourth inches long, which is used as a place card, and also as a receptacle for salted almonds.

While this table would be amusing to a party of "grown-ups," the children, familiar with the famous poem "The Night Before Christmas," would be fascinated with the near-by glimpse of the "eight tiny reindeer." The gifts on the sled can be made appropriate to the company —jokes with short verses and local hits will appeal to the older ones, while some of the many tiny mechanical toys will afford fun for the little ones.

Dressed Lettuce Cheese Croquettes
Sterling Fruit Pudding, Snowball Sauce
Parisian Doll Christmas Ice Cream
Christmas Cakes Bonbons
Café Noir

Menu No. 2

Oysters on Half Shell Curled Celery
Brown Bread Sandwiches
Consommé Soufflèd Crackers
Fillets of Halibut, Dutch Sauce
Stuffed Roast Goose Apple Cups
Maître d'Hotel Potatoes
French String Beans
Huntington Patties

Christmas-Tree Table

Dinner

There are certain dishes that go as a matter of course with Christmas. So time-honored are they that it would seem that every one must know them.

If a simple dinner is wanted no mistake will be made if Menu No. 1 is carried out, while Menu No. 2 offers suggestions for one who has efficient help, and who does not need to consider expenses.

Menu No. 1

Cream of Celery Soup Croûtons
Olives Salted Pecans
Roast Goose, Potato Stuffing
Spiced Apple Sauce
Sweet Potatoes, Southern Style
Carrots à la Lyman
Mexican Jelly With Tomato Mayonnaise
English Plum Pudding, Foamy Sauce
Horn of Plenty Ice Cream
Bonbons Stuffed Dates
Crackers Cheese Café Noir

Menu No. 3

Oyster Cocktail
Bouillon Supreme Bread Sticks
Celery Radishes Olives
Oysters à la Creole
Baked Fish Parisienne Potatoes
Sweetbread Green Peas
Roast Turkey Bread Stuffing
Giblet Sauce
Cranberry Jelly
Stuffed Onions Rutabaga

Orange Sherbet
Roast Wild Duck
Celery and Apple Salad
Czarina Cream Angel Cream Cake
Fruit Nuts Confectionery
Café Noir

Menu No. 4

Caviar Canapés
Clear Soup Fritter Beans
Olives Celery Salted Nuts
Creamed Oysters in Ramekins
Roast Turkey Walnut Stuffing
Giblet Sauce
Mashed Potatoes
Candied Sweet Potatoes
Cranberry Sherbet
Sweetbread Cutlets With Asparagus Tips
Malaga Grape, Celery and Pecan Salad
Wafers Maraschino Parfait
Orange Sauce
Assorted Cakes
Nuts Bonbons Crackers Cheese
Coffee

Games

A progressive game would afford a good deal of interest and amusement if to each guest be given a small tarlatan stocking with a ribbon loop to slip over the neck. The tally is kept with inexpensive little articles, the player having the greatest variety being the winner. The hostess previously decides the number of games to be played and provides of each trifle twice the number of tables, with a few extra in case of a tie. Snapping mottoes would be nice for the first game; small horns for the second; dolls for the third and so on.

Eight Points

As a finale to other games, if "Eight Points" is introduced it will accord exactly and cause huge sport. Give to each participant paper on which has been made eight dots at random and pencil, with instructions to make a picture of Santa Claus—his head, hands and feet being indicated by the dots. To accomplish the task the paper can be turned in all directions. Give a booby prize for the most comical sketch.

An old Christmas legend prepared for the occasion, and told by one of the guests, would no doubt prove as interesting to grown-ups as to the children.

Dancing and Christmas songs would give a pleasurable ending to the evening's entertainment.

A Trip to the North Pole

A Sunday-school teacher entertained her class of ten little girls on Christmas eve by a novel plan, which she called "A Trip to the North Pole." This is how it was done: She cleared a north room in her home of all the furniture, then trimmed the ceiling with strings of pink and white pop-corn. A large silver moon was placed near the center of the ceiling, around which were arranged a number of gold stars. Cotton batting was laid over the carpet, to represent snow, and two large inverted tubs covered with the same material were the snow houses of the Eskimos. A large pole which had been surrounded with cotton was brought in and secured in a vertical position in one corner of the room; then the pole was dotted with small stars, and ten little white cloth shoes, labeled with the names of the pupils and containing the gifts of the teacher for them, were attached to it. When the children had all assembled in a warm room across the hall from the "North Pole," one of the girls was asked to recite her Christmas poem, which she had been previously required to learn. After reciting she made her trip to the "North Pole" alone, and brought back the shoe inscribed with her name. Then another recited, and went to the "North Pole" for her gift. The ten girls having recited and brought their shoes from the "North Pole," listened eagerly to a charming Christmas tale related by their teacher. After this each child told in her own language what she saw at the "North Pole" in the land of Santa Claus.

Old Mother Hubbard

A novel feature for the very little children is a Christmas pie in charge of an older girl personating Mother Hubbard.

The pie is large and deep and filled with a variety of small dolls dressed in unique and quaint costumes, with narrow ribbons tied around their waists and drawn through the heavy paper cover which is pasted over the pie like a crust. The

stuffing consists of bits of gold and silver paper and tinsel, which comes out in a glittering mass when the ribbons are pulled.

Each child is given a ribbon and all pull at a given signal.

Sometimes toy animals are used instead of dolls.

A simple and pleasing entertainment for the holidays is as follows:

An enormous wooden shoe is gilded or silvered and filled with amusing toys and favors. A cunning little maid, in simple, quaint gown, 'kerchief, cap and white apron, is seated therein, representing the old woman who lived in her shoe.

FOR VARIOUS SEASONS

CHARMING way to entertain a small club or a few kindred spirits is to give a Shakespeare Luncheon. The table decorations may be flowers mentioned in Shakespeare, of which there are many. Hawthorn, especially the variety commonly known in America as "red haw," is easily obtained, and the branches with flowers in spring or red fruits in summer are very effective. Violets and pansies have been immortalized by Ophelia, and roses by Juliet. Daisies and "crow flowers"—this name is applied to ragged robins and also to buttercups—are also appropriate. In winter holly and mistletoe or potted primroses may be used.

An effective centerpiece may be made on a low tray covered with moss. Small green boughs are held upright by blocks of wood concealed by the moss. A few toy deer are placed amid the foliage, and the whole makes a fair representation of the Forest of Arden.

The menu cards may be decorated with the flowers named. A few quotations from Shakespeare are an addition to them. On the back of each place card one or more Shakespearean conundrums should be written. The reading of these by each in turn, to be guessed if possible by the others, will form an interesting diversion between courses. A few sample conundrums are added, and more may be easily devised on the same plan. If the club is very well versed in Shakespeare it might be well to add a few more difficult ones.

Conundrums

Who was the greatest poultry killer? Macbeth, because he "did murder most foul."

Who originated the meat trust? Shylock. He lent Antonio money and accepted a pound of flesh for security.

What hero's name suggests pork rented out? Hamlet.

When was England put up for barter? When Richard III. offered his kingdom for a horse.

Who wished to borrow certain portions of other people's bodies? Marc Antony. He said, "Lend me your ears."

Why is a pug dog like the ghost of Hamlet's father? Because it "could a tale unfold."

Which play contains in its title a good rule for seasoning in cookery? "As You Like It."

When Aaron dropped his rod before Pharaoh what Shakespearean character might he have named? Falstaff.

A poultry raiser who was fond of Shakespeare named one of his hens Macduff. Why? So he could say to her, "Lay on, Macduff."

What heroine tried to purchase ideas? Ophelia, who offered "pansies for thoughts."

If a woman should summon the fire department to put out a burning match, what play would you name to describe the situation? "Much Ado About Nothing."

Ghostly Vaudeville

A Ghostly vaudeville on a July night under a full moon. The entertainment took place in an orchard, where we had built a stage, but a large porch would serve the purpose equally well if there were sufficiently extensive grounds surrounding. A piano could then be used instead of the orchestra which we had at our entertainment. The chairs were arranged in front of the stage and at small tables, where refreshments were served at the conclusion of the performance.

Ghosts

The ghosts made extremely ghostly figures, dressed of course in white from top to toe. Sheets were used for draperies, the corners pinned up to form kimono-like sleeves. Each ghost wore a Brownie cap of white; the hands were covered with white gloves, and faces whitened with cornstarch peered out.

The wizard, by way of contrast, was dressed all in black. A long, loose robe covered with snakes and toads cut from colored paper concealed his form, while a tall, black pointed hat rested upon the flowing white hair. In his hand he carried a wand.

Stage Effects

On the stage we had placed a big iron pot, to serve as a caldron. In this we put fireworks and colored lights, so when the wizard made his appearance upon the stage and stirred it with a long spoon, a skilfully dropped match made it appear to be filled with infernal fire. While stirring the potion the wizard sang a song from "The Sorcerer," bidding the spirits appear. They straightway appeared, darting from behind trees, bushes and fences and singing "Good Master, We Are Here."

Thunder (made by shaking sheets of tin) and flashes of magnesium, simulating lightning, combined with the sighs, groans, shrieks and laughter from the arriving spirits, made the scene a weird one. A great part of the fun depended upon the originality and wit of the wizard, who in our entertainment rose nobly to the occasion, keeping the audience much amused with his witticisms.

Performance of "Shades"

The shades were called upon to perform by turns. The Duke of Wellington and Napoleon Bonaparte amicably buried their past differences and sang a duet together. Nero played on his long-silent fiddle. Mrs. Siddons declaimed "The Gobble-uns'll Git You ef You Don't Watch Out;" Sir Walter Raleigh, Queen Elizabeth, Benjamin Franklin and various other long-gone celebrities all appeared and played their parts. One sang with great emphasis, "The Ghost That Never Walked." But Barnum made the hit of the evening when he appeared leading a big white ghost bear which danced and did tricks in a marvelously lifelike way. (This performer wore a false face made to look like a bear's with a white suit contrived from a white fur rug, and ran on all fours.)

This entertainment could, of course, be elaborated or simplified as desired, but in this case, at least, it proved to be as successful as it was original.

Hunting Party

A Hunting Party
will start from the home of
Mr. and Mrs. Charles Oliver Marchant
on Thursday evening October the third,
at eight o'clock.

Soon after the guests had arrived, each was given a numbered card, a toy horn, a toy revolver and a bag for game. These cards were numbered correspondingly in groups of four; that is, four cards were numbered "1," four cards numbered "2," and so on, as many as were needed. When each party had been completed, the persons composing it started out on the hunt, each group trying to find the most game. In one room slips of paper were pinned here and there, with directions such as these:

The Chase

"The fox was last seen in the south room on the second floor."

"It is said that the fox is hidden in the library."

"The dogs were heard barking furiously in the east bedroom."

"They are on the chase in the drawing room."

"Look for the fox in the music room."

"He is hiding somewhere near the magazines."

There were hidden all over the house toy animals or pictures of animals to be hunted for by the guests, all starting from the room where the papers were. Group 1 read the slip that contained these words: "The fox was last seen in the south room on the second floor." Off they went to this room, and the search for the fox began. Under tables and chairs, behind pictures, in all kinds of out-of-the-way places they hunted, and the excitement increased, when one member of the party blew his horn, thus signifying that his search was successful.

The sound of the little horns tooting all over the house told the good luck of other "happy hunters." Soon they all gathered at the starting point to obtain new directions and go on a fresh search, which ended only when all the animals had been "shot." On the cards guests wrote the names of the animals they had found. To the most successful hunter a prize—a little bronze deer in the form of a paper weight—was awarded, and the booby prizes were a child's book of animals and a Noah's ark.

Pictures

Much amusement was caused by the attempts of the guests to draw animals on a blackboard which had been provided. Each guest drew his idea of one of the animals he had found, and many were the wild guesses as to what was intended to be represented.

For refreshments a light menu of meats was served.

The decorations were in green to represent forestry. A number of ferns were banked together as low bushes, and the effect was good.

An Unlucky Party

One year the thirteenth of June came on Friday. What day more appropriate for an "Unlucky Party," so an "Unlucky Party" was given. Books were searched for unlucky games and good-luck charms to counteract any evil effects.

Thirteen couples were invited, and all came early, curious to find out what kind of a party could be unlucky. At the front door they were confronted with their first set-back, for over it was a ladder, and it means woeful bad luck to pass under a ladder; but to counteract this, at the side of the door was a placard bidding them to whistle all the time while passing under it. On the stairway was another placard, saying that it was unlucky for two to pass on the stairs; but this bad luck could be averted if they stopped and shook hands in passing. Bad luck was also said to come to those who looked in the mirror at the same time; but this ill fortune could be changed to good at the same time if they smiled at each other in the mirror. It is unnecessary to say that by this time all stiffness was at an end, and these "ice breakers" served their purpose.

Tally cards in the shape of wish bones, horseshoes, slippers and four-leaf clovers were distributed among the guests, and on each one of these was written half a quotation; those containing the first half were given to the ladies, and those with the last half to the gentlemen. Those matching quotations served as partners in the following game, which was a hunt for four-leaf clovers, and each couple was given a little bag for holding their spoils. In this case the clovers were cut from green cardboard, and numbered from one to ten. They were hidden in all sorts of out-of-the-way places, and in the hurry of finding no attention was paid to the numbers on the clovers. So, great was the dismay, when the bell rang to stop, to find that it was to the couple whose aggregate sum was the largest that the prizes would be given. A four-leaf clover scarf pin to the gentleman and a four-leaf clover brooch to the girl were given to the lucky couple, while a donkey for the gentleman and a skeleton labeled "You've not a ghost of a chance" for the girl went to the less fortunate ones.

Prohibited Words

Another way to spend a lively half hour is: Divide a number of clothes pins among all present, letting each one receive a generous supply. If it is not necessary to economize very strictly, pretty little baskets with ribbon-trimmed handles might be provided to hold the pins. Now explain to the assembled company that during the ensuing thirty minutes certain words in every-day use are to be barred out, and that any one using them is subject to forfeit. This forfeit is represented by a clothes pin, which must be rendered up to the person detecting him in error. As examples of the words to be forbidden we will take "yes," "no," "and," "he," "she," "it." The player athirst for spoils circulates about the room, engaging other players in conversation, and endeavoring to lead them into verbal pitfalls. He must be wary at the same time to avoid the dangerous monosyllables himself. Lost pins can only be won back by tripping up one's fellow-players and securing some from their store. At the end of each ten minutes the forbidden words are changed. Those once prohibited become perfectly legitimate, while others previously harmless are now fraught with danger. Many

players will find it difficult to remember just what terms are in order. A most amusing and laughable confusion is likely to result. The contestant having the most clothes pins at the end of the game receives the usual point.

Clothes Pin Croquet

Again a new version of croquet is possible, using the versatile clothes pins. For this arrange here and there over the carpet little wickets composed of three or four clothes pins each. Candlesticks or books placed upright will do for the stakes which mark the start and finish. The balls can be those belonging to a small parlor croquet set, or little rubber balls tiny enough to pass through the clothes-pin wickets may be substituted. If wooden mallets are not at hand, wooden spoons or walking sticks can be used to drive the balls. Players draw for the start. A player who drives his ball successfully through a wicket (these must be taken in order) without dislodging any of the clothes pins that go to form the latter is entitled to another shot. He continues to play until some wicket is wrecked as a result of his stroke. When this occurs, the wicket is readjusted and the player awaits another turn. As in croquet, the player who first completes the round of the wickets wins the game.

Geography

Geography is a game more suited to grown-ups than to children and proves most engrossing. Each person being supplied with pencil and paper, a letter of the alphabet is chosen, and for five minutes every one writes down the names of countries, rivers, mountains, towns—every geographical name—beginning with the letter chosen. At the end of five minutes time is called, and the lists read off, and the person who has the greatest number of names not duplicated by any other player wins the game. This can be played indefinitely, using the letters of the alphabet in turn.

Poem by Twenty Poets

Have your friends name the authors as you read the following lines:

Why all this toil for triumph of an hour? —Young.
Life's short summer, man's flower.—Dr. Johnson.
By turns we catch the vital breath and die.—Pope.
The cradle and the tomb, alas! so nigh. —Prior.
To be better far better than not to be. —Sewell.
Though all man's life may seem a tragedy;—Spencer.
Your fate is but the common fate of all; —Longfellow.
Unmingled joys here to no man befall.—Southwell.
Live well; how long or short, permit to heaven;—Milton.
They who forgive most shall be most forgiven.—Bailey.
Then keep each passion down, however dear;—Thompson.
Thou pendulum betwixt a smile and tear. —Byron.
Soar not too high to fall, but stoop to rise;—Massinger.
We masters grow of all that we despise. —Cowley.
Think not ambition wise because 'tis brave,—Davenant.
The paths of glory lead but to the grave. —Gray.
How long we live, not years, but actions, tell;—Watkins.
That man lives twice who lives the first life well.—Herrick.
The trust that's given guard, and to yourself be just;—Dana.
For, live we how we can, yet die we must.—Shakespeare.

Conundrums

What are the most difficult ships to conquer? Hardships.

When is a man duplicated? When he is beside himself.

Why is the letter "w" like scandal? Because it makes ill will.

What is the best way to keep a man's love? Not to return it.

Why was the dumb-waiter returned? Because it didn't answer.

What is that which is invisible, yet never out of sight? The letter "s."

Why is an umbrella like a pancake? Because it is seldom seen after lent.

Why is a comprehensive action an affectionate one? It "embraces" everything.

Why is a fisherman's the most lucrative employment? It is all "net" profit.

Why are fixed stars like wicked old

men? Because they scintillate (sin-till-late).

Why is a wedding ring like eternity? Because it has neither beginning nor end.

Why does a dressmaker never lose her hooks? Because she has an "eye" to each of them.

Why does the sailor know there is a man in the moon? Because he has been to sea (see).

Why is a steam engine at a fire an anomaly? Because it works and plays at the same time.

What is the difference between a funny fellow and a butcher? One deals out wit, the other wit-tles.

How did Jonah feel when swallowed by a whale? He was down in the mouth and went to blubber.

Why have chickens no fear of a future state? Because they have their next world (necks twirled) in this.

Why is it almost certain that Shakespeare was a broker? Because no man has furnished so many stock quotations.

What is the difference between photographing and the whooping cough? One makes facsimiles, and the other makes sick families.

If you saw a house on fire, what three celebrated authors would you feel disposed at once to name? Dickens—Howitt—Burns.

What black thing enlightens the world? Ink.

What has two heads and but one body? A barrel.

What is the difference between a hill and a pill? One is hard to get up and the other is hard to get down.

Why is a crow? Because (caws).

Why is a hen so valuable on the farm? For every grain she takes she gives a peck.

HOW TO GET UP A PLAY

O BETTER selection for an evening entertainment could be made than an amateur dramatic performance. It not only affords amusement to a large circle of friends, but entertainment and pleasure to the active participants in preparing for the event. It does not necessarily follow that in order to produce a play one must have recourse to professional aid. It is surprising what good results and really excellent performances can be obtained with amateur talent. The task is not onerous and the rehearsals can be made exceedingly jolly, so that it will be considered a pleasant relaxation and assume the gaiety of a social gathering. The suggestions offered are given in a general way, but are specific enough to cover the ground.

Selection of Play

The first thing to be considered is the selection of a play. This is an important point. Do not choose one that has a large cast of characters. Numbers in affairs of this kind create confusion and difficulties which are hard to smooth out. The play should be of a character which will from its subject matter create interest. A play should be selected that does not require extraordinary ability and that is not of a melodramatic nature. The society drama is perhaps the best play for an amateur performance. There are many in this class which can be presented without a wealth of scenery. For example, "Rosemary," "The Liars," "Tyranny of Tears," "Young Mrs. Winthrop," "The Wife," "The Charity Ball." There are scores of others, but these are mentioned merely to give the reader an idea of the sort that will be found easy to produce. For the right of producing some of these plays a small fee is required. Yet there are many good ones which can be procured at a play bureau for twenty-five cents.

Cast

The next thing to do is to select the cast. Here it is necessary to use good judgment and tact. Be careful to select players who will accept the parts selected for them without demurring, and will give to them intelligent consideration. Nothing will cause the affair to assume a half-heartedness so much as one person who is constantly finding fault, thereby breeding dissension. If you would hope to succeed you must have harmony in your ranks. And be very careful that

the players selected can, by their natural qualifications, lend themselves easily to the parts they will be called upon to portray. For example, the leading woman should be more dignified than the young lady who will assume one of the lesser rôles. The gentlemen of the company should look the parts. Having selected the cast, arrangements must be made for the rehearsals.

Parts

Before the parts are handed out to each member the play should be intelligently read aloud by the appointed stage manager to the assembled company, who should pay the closest attention. After the reading, the parts should be assigned and questions freely asked and discussed as to the characteristics of the parts and play. The time must then be set for the next rehearsal, at which each member will read his own part, and the business of entrances, cues and positions on the stage will be taken up. Careful attention must be paid to these matters, called, in the parlance of the profession, "business." Do not attempt to memorize your part before you begin rehearsals. Wait until two or three rehearsals have passed and you begin to feel easy in the part before you tax your memory. You should know the first act the next day after you have read the first act with the company. And so on, until the entire play has been gone through.

Rehearsals

It is not necessary to have more than fourteen rehearsals prior to the production. If you would add your little bit to the pleasure of the affair, be amenable to the rules adopted for the conducting of these rehearsals. Pay close attention to your own part, and listen to the others. Always be ready to pick up your cue. Time can be saved which will hasten the work. Above all things, show consideration for your fellow-players by refraining from conversation while they are speaking their lines. Bear in mind that good work on your part, and perhaps on the parts of your fellow-players, at the public performance is dependent upon the attention you pay to the rehearsals.

Costumes

The next thing to consider is the dressing of the parts. If it is a costume play, be sure that you are not guilty of an anachronism. Let the costume that you wear be in keeping with the period of the play. The costumes of the time of Louis XIV. are just as different from those worn in the period of Louis XVI. or the First Consul as are the costumes of the Revolutionary or Colonial periods from those of the present. There should be a unanimity in the selection of the costumes, so far as color and period are concerned, so that all will blend happily. Care should also be taken in the matter of hats and shoes, as incongruities are liable to arouse derision on the part of your audience. If the scenes of the play selected are laid in the past, it is advisable to visit libraries and consult books of reference. Many of the histories are illustrated with prints which will be found extremely useful. If, however, the scenes are laid in the present, see that the characters are properly dressed according to the social class to which they belong. If the part represented is a character part, seek out that class in real life or counterpart, and study the dress and mannerisms.

Stage

The next thing to be considered is the stage. If it happens that a regular theater cannot be procured, your ingenuity will be taxed to overcome this handicap. A platform covering an area of as little space as twelve by fifteen feet, if more room is not obtainable, can be made to serve the purpose. If there is no platform, one can be made at a very slight expense. This should be at least three feet above the level of the main floor. A height of at least ten feet from the platform to the ceiling is necessary. The front curtain can be arranged in the nature of portières. The scenes where merely interiors are represented can be made of domestic or some cheap colored cotton cloth. The many ways of overcoming the lack of scenery are so obvious that I need not make any further suggestions. The arrangement of lights is one that requires attention. The "foots," of course, are indispensable. They should be at least eighteen inches apart, with a reflector back of them, so that the light will be thrown at an angle on the stage. Tin cut in convenient strips will serve as reflectors. If the efforts are to be ambitious, scenery can be procured for amateur affairs by writing to any local theater, the

manager of which will, I am sure, give the desired information.

In setting the stage—that is, providing it with the proper furniture and decorations—care should be taken to follow the author's suggestions. He wrote the play, consequently his advice should be considered. A reading of the play will suggest what is proper and what is not. A Morris chair in a play where the central figure is some historic character of the sixteenth century would immediately attract the attention of the audience from the speaker's lines to the incongruity of the stage setting. A little judgment as to such minor details will do much to insure a pleasing production.

Creating Effects

The many little tricks and artifices used in creating effects, such as the hoof beats of a horse, the rumbling of carriage wheels, the roar and peal of thunder, the flash of lightning, the patter of rain, the swish of waves, and the ripple of water, are comparatively easy, as are also the making of shrubbery, foliage, vines, vegetables and fruits. To create the effect of hoof beats, all that is necessary is two cocoanut shells and a slab of marble; and in order to deaden the sound, so as to make it more realistic, a piece of carpet will come in good stead. A pole about ten feet in length held in a perpendicular position and pushed along the floor will give an almost perfect reproduction of the sound of an approaching or retreating carriage. Thunder effects are created by using a bass drum and a drumstick and striking a sharp blow, and then four or five intermittent blows with less force. The crash of thunder, however, is best imitated by giving a sharp, quick shake to a piece of sheet iron about six feet long hung aloft. The lightning effect can be easily produced if you have electric-light connections. The wires are attached to a carbon and a common blacksmith's file. By touching the point of the file to the carbon the flash is obtained. Where there are no connections the effect can be produced by means of a magnesia torch, which can be procured for a small sum from a theatrical-supply house. The sound of the patter of rain is best made by rolling No. 6 shot in a shallow pan. The swish of waves can be imitated by pouring about a peck of navy beans into an ordinary sugar barrel, closing the top of the barrel, and gently tipping it backward and forward.

The making of shrubbery and foliage is done with tissue paper of a proper color, thin wire and the branches of the bush or foliage you are endeavoring to create. Do not think that in making an apple tree in bloom you can use the naked branch of a cherry. Endeavor to be true to Nature. The making of flowers and flower bushes is a comparatively easy matter to any one who has a knowledge of how to make paper flowers. Vegetables are made with cotton and cloth. The cloth is cut in the required shape, then stuffed with cotton, sewed up, and painted the desired tint with water colors. The same rule applies to the manufacture of fruits.

The ruddy glow of a fireplace, varying from the cheery red of the blaze to the almost dying embers, is created by means of gelatine rolls of the proper color, which must be obtained from some theatrical-supply house; but lacking this, almost as good results are possible with stained glass or heavy folds of tissue paper of the color desired, but placed at a safe distance in front of the lamp. It is easy to have moonlight if you have electric lights. Three sixteen-candle-power incandescents should be mounted in a tin pan, which is placed immediately back of the curtain and at the particular point where the moon is to be, the canvas having previously been treated with transparent paint, which is sold at any drugstore.

Colored Lights

Colored lights are often a necessity in a play, and add much to the effectiveness of a scene. Material for them may be procured at a drugstore. They should be burned in a tin pan at the side of the stage, a polished reflector fitted to the pan casting the light in any desired direction.

Making Up

What will form a very pleasing entertainment attendant to the production is the time and efforts consumed in "making up." It is absolutely necessary that recourse be had to the grease paint in order to conform the face to the character presented. The footlights will have a deleterious effect otherwise.

To begin with, rub the face thoroughly with cold cream. If this is not obtainable,

vaseline can be used, or cocoa butter. The cost of a sufficient quantity at a drugstore is trifling. After rubbing the face, wipe off the residue with a towel. The next operation is to lay on the flesh tint. This is a stick paint, of which there are fourteen tints, ranging from No. 1, the lightest, to No. 14 the darkest, which is called "Japanese." The number that you should use depends upon the character and complexion required for the part you are called upon to portray. For ordinary use Nos. 1, 2 and 3 are preferable for women. Nos. 4, 5 and 6 for men, the rest being decidedly character tints. After having used the flesh tints, which must be well and evenly spread, the application of cold cream being used in order to facilitate this, the shadows are next in order. The groundwork for these is laid on with a stick of light gray, which is covered with brown when a darker shadow is required. The lines are also produced in the same manner. The red for the cheeks is blended. A small daub of red is first placed on the cheeks, and then blended with the fingers until the proper effect is reached. This must be done before the shadows are laid in. The whole is then covered with powder (flesh-colored preferably), which is applied with a puff. The superfluous powder may then be dusted off with a hare's foot. Next the eyelashes must be accentuated. If the character is a brunette, this should be done with black cosmetic, which, owing to its hardness, must first be heated and applied with a pencil or stick. If, however, the player is of a lighter complexion, brown is used. The eyebrows are treated in the same manner. Next come the lips. Carmine rouge mixed with vaseline will suffice. If youth is required, a small speck of carmine should be put in the inside corner of each eye. If, after having finished, you find that it is necessary to heighten the color, ordinary rouge can be used advantageously. An assorted set of grease-paint colors sufficient for all purposes can be purchased at almost any drugstore for one dollar. Mustaches or beards can be procured ready made. The man from whom you hire your wigs can supply you with these cheaper and better than you can make them yourself. If you wish to try your hand at making them yourself, crimped hair will be found best for all purposes. This hair comes in all shades, and is applied with liquid glue or spirit gum. You will have to partice three or four times before you reach the necessary proficiency.

Naturalness

A simple bit of naturalness often goes far toward the success of a play. Bread actually toasted at a real fire, water boiled and tea made in sight of the audience are slight touches, but ones that sometimes count for more than more pretentious ones.

Endeavor in your representing of any character to imagine what your own feelings would be under similar circumstances. Try to sink your identity and individuality in the part entrusted to you. If you are called upon to portray a product of the slums, remember that a concealment of the gallantry and politeness natural to you and your walks in life is necessary, and that you must bestow on your part the coarseness of its nature. Though this be but a frolic, this amateur affair, be sincere in your work, and you will find your pleasure increasing in proportion to the good work that you are doing. Above all things be natural. That is the keynote of acting. If you are able to procure the services of a "coach," my advice to you is to follow his counsel. When you engage a coach you admit that you desire the services of some one who knows more about acting than you do, consequently you should be willing to be guided by the advice offered.

FOR CHILDREN

A children's party if not a complete success is the most dismal of failures, and to have it complete from a child's standpoint the parent must not eliminate entirely the romping element. Young animals of all kinds love to frisk, and the human animal cannot have a thoroughly satisfactory time at a gathering of his own age and species unless he is untrammeled by the conventionalities.

Four-Leaved Clover Party

A four-leaved clover party has in it the outdoor element dear to the child. Children are Nature lovers, and revel in anything that gives them the liberty of green grass and open air. During the summer months an outdoor party is really less troublesome than an indoor one, and there is connected with it a sense of freedom that ensures its success from the children's standpoint.

Even if you have not extensive grounds about the house, the clover party is still practicable, for on the smallest bit of lawn the clovers may be found. If you are so fortunate as to have a broad lawn or field at your disposal, so much the better.

Notify the children beforehand that they must wear clothes that will not be injured by grass stains, as they will sit or kneel on the grass much of the time.

Color Scheme

Have the color scheme of this party crimson and green. On the veranda, or on the lawn near the house, have the table of refreshments spread. In the center may be a huge bowl of crimson clovers with their green leaves. All dishes may be decorated with the same flowers, and a bunch of the same tied with crimson and green ribbons is pinned on the frock of each little girl, while every boy has a boutonnière of a single fine blossom.

Provide pretty baskets, each with a handle decorated with a bow of crimson or green ribbon. It is an excellent plan to have the ribbons on the girls' baskets crimson and the ribbons on the boys' baskets green. When all the little ones are assembled, give to each a basket, explaining that this is for holding the four-leaved clovers gathered, and that the child getting the greatest number of these clovers is to have a prize. Then turn the little ones out on the grass, and give them at least an hour for the search.

Prizes

Provide for the first prize for the girls a tiny silver or gold pin in the shape of the lucky leaf. The second prize may be a pretty pin or jewel tray of china in the same design. For the boys have a clover-leaf scarf pin as first prize, and as second prize a clover-shaped pocket pincushion. The girls' booby prize may be a negro doll dressed in crimson and green, and the booby prize for the boys can be a horseshoe wound with clover and having at the top a bow of the same colors.

The Search

It would be well for the parent of the child giving the party, or some other grown person, to make an occasional visit to the scene of the clover-leaf search, to speak an occasional word of encouragement to the unfortunate and to see that there is fair play. There seems to be a sort of trickery in the so-called magic quaterfoil, by which it hides itself from some persons and cheerfully reveals itself to others. Among children the seeming luck of one and the inability of another to find the hidden treasure may give rise to discussions that may end in tears or hard feelings unless an older person is present to change the current of dispute or feeling.

When the time allotted for the search is at an end, the children should sit in a row while some one counts the number of leaves in each basket, writing the name of each searcher and the number of quaterfoils that he or she has secured. Then comes the distribution of prizes, after which the little ones may sit upon the grass and the refreshments passed to them. If there is any fear of the grass being too damp for this to be safe, little tables may be placed about the lawn. While this is more trouble than the first plan suggested, it is more comfortable for the children and a far prettier arrangement. Upon each table stands a little vase of clover blossoms. The paper napkins are pink or crimson and white. At one such party white paper napkins had a design of a clover painted upon one corner.

Refreshments

Refreshments may be creamed chicken, bread-and-butter sandwiches cut clover leaf in shape, and pink-and-white ices and pink-and-white fancy cakes, with lemonade. On the surface of each glass of the beverage may be laid a large crimson clover blossom.

Noah's Ark Party

"Old Mother Noah, who lives in the Ark,
Invites you to a jolly lark;
All of the animals will be there,
From old Brer Fox to the polar bear.
Come to our house if you have to run,
For when you get there you'll have some fun."

From water-color paper cut and decorate Noah's arks three or four inches long, and on the back of these paste an envelope to contain the invitation. Enclose the whole in a large envelope for mailing. The invitation may designate the kind of animal each guest is expected to represent, or that may be left to the individual choice, merely asking them to come to the party in costume. These costumes are to be as simple as possible, only expressing some characteristic feature of the animal. To represent the elephant a loose domino of gray muslin may be used, and a close-fitting cap with huge flapping ears attached. For the lion a tawny-colored domino, with a fluffy ruche for the neck and shoulders made of tissue-paper fringe.

Mother Noah, dressed in black, with white kerchief and cap, will help receive the little guests.

"Stage Coach"

A good game to begin with is one modeled from the old-time "stage coach." The children sit in a circle, and the hostess tells a story bringing in the names of all the animals. As each name is called, the owner must get up and turn around, and at the end of the story there is great disturbance, and all the animals must change places. After this give each child a card and pencil, telling them to write all the animal-named flowers and plants they can think of, giving them one or two names from the following list for example:

Foxglove, dandelion, horse radish, elephant's ears, ox-eyed daisy, snapdragon, toadstool, catnip, cowslip, dogwood, tiger lily, cattail and horse chestnut.

For the best list give a plant in blossom, a painting book of flowers, or one of the many Nature stories for children.

Pinning Tail on the Donkey

Pinning the tail on the donkey is a game the children always enjoy. This might very appropriately be introduced just here, or some variation of it, such as pinning the trunk on the elephant or the neck on the giraffe.

Refreshments

Around each plate on the dining table lay a row of animal crackers, to be eaten with bouillon, which will be served first, followed by chicken sandwiches and cocoa. The dessert may be of individual ices or one large form, such as a hen on her nest, with the little chickens around her. Cookies to eat with the cream should be cut in the shape of squirrels, rabbits, birds, etc.

Souvenirs

For farewell souvenirs make a Noah's ark pie after the manner of a Jack Horner pie, using a long or an oval foundation instead of a round one. Paint the outside to imitate the toy Noah's arks, and cover with an arched roof, made by first fastening over the top two or three narrow strips of stiff paper. The roof should be of red tissue paper, and the box filled with small wooden Noah's ark animals.

Clothes-Pin Dolls

For a children's clothes-pin party a merry half hour could be spent in dressing clothes-pin dolls. Water-color paints for making eyes, nose and mouth should be at hand, also a quantity of variously colored tissue paper, mucilage and scissors. Each child paints and decorates a clothes pin according to his fancy. The hostess considers the products critically, and awards a prize for the dolly that she considers most successful. When this award has been made, each child passes his or her doll to the next-door neighbor, who retains it as a souvenir of the occasion.

Soap Bubbles

A pleasant pastime for children, and one which requires very little expense, is soap-bubble blowing. A very great improvement over the ordinary soap-and-water bubble is obtained by adding sugar and glycerine to the soapsuds. By so doing the bubbles obtain beauty and durability, and can be blown to a much larger size. Prepare the solution thus:

Fill a quart bottle nearly full of boiling soft water, and add two and one half ounces of finely shaven castile soap. Shake the bottle until the soap dissolves, then add one teaspoonful of sugar and four tablespoonfuls of glycerine; shake this thoroughly, strain through a fine cloth, and the solution is ready for use. For blowing the bubbles use clean clay pipes. A piece of felt or woolen cloth spread on a table for the bubbles to rest on when blown from the pipe will help considerably in retaining their shape for a longer time. However, children usually prefer to blow them in the open air and watch them sail into space. By the use of the above solution much pleasure can be derived and many moments passed pleasantly.

"Goober Gobbles"

A "goober gobble" affords much amusement to small children. Get half a pint of peanuts, put them in a heavy china bowl, and give each child a hat pin and let her see how many "goobers" can be speared with the pin in a given time. The peanuts slip and slide and elude the hat pin, which arouses the enthusiasm of the player and proves amusing. After the "goober gobble" has become monotonous, a "goober" family may be made of the peanuts by using toothpicks for arms and legs. This is very amusing for children, as the "goobers" may be made to resemble many animals as well as persons.

Story Telling

A source of never-failing delight to a number of small children is to have a story told, no matter how old it may be, and have each thing mentioned in the story pictured on paper. For example, take the sentence "A little girl one day started out with a basket of apples for her grandmother;" in this a little girl, a basket of fruit and a house will convey the ideas. Tell only one sentence at a time, and let the children hunt for pictures to illustrate. The pictures may be found in seed catalogues or old magazines. As soon as found and cut out, paste the pictures in a line on a long strip of brown paper. At the close of the story you will find that the children not only like to see the pictures come one after another, but they will be able to repeat the story quite correctly with the aid of the pictures.

Handkerchief Play

The measles come along now and then, nab children, stick them down under the bedclothes up to their chins, and hold them there for days and days. They have been doing that for a long time, and we suppose they will keep on at it until somebody finds a toxin knight capable of overcoming the germ that causes them. If a Blue Beard could come along and slaughter the measle germs instead of his wives, wouldn't it be fine? But he hasn't appeared yet, and so the measles continue to travel about nabbing children.

They caught little Mildred Foster, and put her right in bed, tucking the covers down tight, and kept her there three

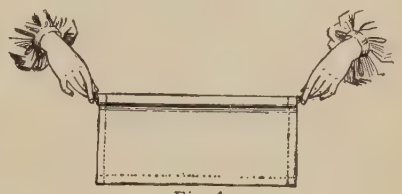


Fig. 1

solid days, while all the red pimples came out and went away again. Then the restless little hands came bobbing up above the covers, and wanted something to do, for Mildred had contended all the time that they weren't sick a bit, that it was just her head and stomach. Sure enough, they didn't act sick a bit, for they could get through with more playthings than mama could possibly provide.

Finally, when Mildred had been just as patient as possible for a long time, and after every plaything was used up, mama put down her work and came and sat by the little bed.

She brought with her one of papa's great big handkerchiefs, one of her own middle-sized handkerchiefs and a tiny one of Mildred's. She smiled as she laid them out in her lap, and said, "Here are some new playthings."

"Playthings!" exclaimed Mildred, in an injured tone. "Handkerchiefs are not playthings!"

"Wait and see," said mama, with that mysterious air which always meant something surprising and interesting.

"First we will make a handkerchief-doll family," and mama spread papa's handkerchief out. "This will be the papa doll," she said, and she took hold of two corners of the handkerchief, and rolled

and rolled and rolled it up until she came to the middle (Fig. 1).

Then she took the other two corners, and rolled the handkerchief up the same way. She next folded one end over about a quarter of the length, and tied the two ends about the roll, as in Fig. 2.

Fig. 2

This made a very good head of the folded part, and the ends were arms. The two rolled ends below she pulled from the extreme corners quite far down, making very good legs and leaving a coat above. This completed Mr. Kerchief, and he looked like Fig. 3.

Fig. 3

Fig. 4

Fig. 5

Mildred was delighted. Then Mrs. Foster made the mama doll the same way from her handkerchief, only she did not pull the feet down, and this left simply the toes sticking out below Mrs. Kerchief's dress, like Fig. 4.

Baby Kerchief was made from Mildred's tiny handkerchief, and her dress was left so long that her feet didn't show at all, like Fig. 5.

Fig. 6

Fig. 7

Fig. 8

Fig. 9

Well, they were simply a charming family, and Mildred played with them at least an hour, during which time the baby had measles, mumps, whooping cough and scarlet fever, and Mr. Kerchief had to be Doctor Brown most of the time. Then mama saw things were subsiding somewhat, and so she put aside her work again and came back to the little bed.

"Suppose we have a rabbit family now," said Mrs. Foster.

"Rabbit family," said Mildred, her eyes big with surprise.

"Yes, indeed," said mama, and under her deft fingers Mr. and Mrs. Kerchief and the baby disappeared and the handkerchiefs were themselves again.

Then she smoothed out papa's big one, and folded it exactly in half cornerwise. Next she folded back the opposite ends, like Fig. 6. Then she rolled the folded edge until only the corner was left, like the flap of an envelope, and this corner she turned back upon her fingers, like Fig. 7, and folded the two sides upon it, as in Fig. 8; then she turned the little pocket so formed wrong side out, repeating it until the ends, which were folded back as in Fig. 6, popped out (the long end had to be pulled a little), and hung loose from the body, as in Fig. 9.

"This is Mr. Rabbit's body," said mama, and Mildred had to feel how nice and round and firm it was.

Then mama took the long nose end, and stretched it sidewise, so she could tie a knot, which made the rabbit's head, and the two little ends from the knot were fine ears when mama stood them up. The other short end with a little twist and the point tucked in was the tail, of course, and there was Mr. Rabbit all complete, like Fig. 10, much to Mildred's delight.

Fig. 10

Fig. 11

Of course, some fussy people may say, if any of you try to make one, it was more like a mouse, but tradition declares it a rabbit, and a rabbit it must be. Besides, if you make the ears real big, punch up the body until it is nice and fat, and push the tail in properly, so it isn't too long, a really fine bunny is the result.

Mrs. Foster made the mother rabbit from her handkerchief, and the baby rabbit from Mildred's and there they all were. Then she showed Mildred how to place a bunny on her hand like Fig. 11, and make it jump by suddenly shutting her fingers.

Well, those rabbits jumped everywhere, and Mildred said handkerchief play was the best fun she ever had.

BOOK VII.

Training the Child

By Margaret E. Sangster

Home Life—Children Taught by Imitation, Mother Play. **Education**—The Parting of the Ways, The Teacher, A Danger Point, The School Luncheon, Playmates, The Course of Education, Opposite Viewpoints. **Moral Training**—The Spirit of the Home, Too Domestic, Overindulgence, Disregard of Individuality, Essentials of Moral Training, Unjust Punishment, Nagging, Reproof, Self-control, Temper of the Mother, Temperament, Good-fellowship, Fun at Home, Love and Sympathy, Good Manners, Friends, The Father's Part. **The Growing Boy**—Changed Ideals, Physical Training, Fighting, Profanity, Smoking, The Basis of Good Health, Politeness, Need of Sympathy, The Boy's Room. **The Daughter**—Individual Freedom, The Physical Basis, Even-handed Justice, Companionship. **Rest and Relaxation**—A Lost Art, Ways of Resting, The Question of Expense, Holidays at Home, The Meals. **Self-improvement**—Reading, The Value of the Woman's Club, Fads and Their Uses, Travel.

BOOK VII.

TRAINING THE CHILD

BY MARGARET E. SANGSTER

OME life broadly divides itself into three or four seasons. Each of these is interesting, and all are important. Naturally, in homes where the family is large, these seasons intermingle and overlap, just as spring runs into summer, and summer drops some of its sweetness into the cup of earliest autumn.

First comes the happy time when the babes are under the mother's brooding wing, much like birds in a nest. The little things demand continual care, continual study, continual love. They cannot be safely left to strangers or hirelings, and though the mother may avail herself of whatever help she can secure, her supervision cannot be intermitted or delegated without danger to the children, to whom these impressionable years will never come again. The amount that a baby learns during the first twelve months of its life is simply amazing. The development of little children during the first five years, when systematically watched and accurately tabulated, shows results that would be incredible if they were not vouched for by conscientious observers. The nursery period is absorbing. To the young mother it is filled with anxiety, everything being new to her, and her constant fear being lest she shall make some fatal mistake. First babies therefore come in for a good deal more discipline than falls to the lot of the fourth, fifth and sixth child, if there happen to be so many in an American home. People with large families appreciate the value of a little wholesome neglect. The mother of seven is conveniently blind to passing gusts of temper or trivial misdemeanors which occasion great solicitude to the mother of one, who is like the poor, distraught hen with a single chick. Though the nursery period is one of much ungrudged labor and daily service and great anxiety, it is also a time of deep and sweet contentment and happiness. In days to come the mother will look back with yearning and regret on that lovely time when her children were safe in bed at night, dimpled and rosy and tucked up under the quilts, or were playing about the garden and the house within call in the morning. It is a time of heartfelt joy. The home world is enough for the children. The little things have not yet found their wings nor wished that they could fly.

There is a very pretty picture in the life of Mrs. Oliphant that mothers will enjoy, showing how the best happiness does not come from ardent pursuit of it, but rather as an unconscious and often unsolicited influence. She said her happiest moment was the one after dinner, when she used to run up-stairs to see that all was well in the nursery. Years later she wrote, "I can see it now, the glimmer of the outside lights, the room dark, the faint reflection in the glasses, and my heart full of joy and peace, for what? For nothing, that there was no harm anywhere, the children well above stairs and their father below. I had few of the pleasures of society, no gaiety at all. I was eight and and twenty, going down-stairs as light as a feather to the little frock I was making. My husband also gone back for an hour or two after dinner to his work, and well, and the bairnies well. I can feel now the sensation of that sweet calm and ease and peace. I have always said it is in these unconsidered moments that happiness is, not in things or events that may be supposed to cause it. How clear it is over these more than thirty years."

It cannot be denied that the mother in the days when her nursery is full must choose among pleasures and engagements.

A nursery may be full when only one baby is there, as many a young mother knows; if there are three or four little ones to care for, heart and hands are taxed, and the mother must, to some extent, forego social opportunities and put aside engagements interfering with what she owes her children. If she can systematize her time, and if her strength is not lessened by sleepless nights, she will be able to give a good deal of time to the home, outside the nursery. A mother is still a woman and a member of society, a sister, a daughter, and a wife, and remembering this, she must strive for the balanced life and the rounded womanhood.

Truth to tell, mothers not infrequently make the mistake in the excessive anxiety and pre-occupation of their nursery oversight, of letting go their hold upon their husbands' thought and society. It may easily be, for instance, that a young wife bending over the cradle of her first-born, who in his rosy sleep does not especially need her, leaves to a solitary evening the man downstairs. The young father is as proud of the baby as possible, but he does not find the baby so dominant that his cigar loses its flavor, or his book its zest, or that he does not want the company and the gay conversation of his wife. Very innocently the entering wedge is inserted when a mother acts as if her babies were more to her than her husband.

If there are not means and ways by which part of the maternal care may be delegated to other hands, let the cradle stand as it once did in the living room, and, as in simpler days, let father and mother both care for the little head on the pillow. Babies are absorbing, and little children charming, and nothing can ever take the place of that constant day-by-day training, line upon line, precept upon precept, that gives the trend for life in the earliest infantile years. This being allowed, let it be admitted also that it is far better for both women and men not to bound their horizon completely by their children.

If means are ample, a mother should not try to assume the entire care of her little children. In choosing a nurse or a mother's helper, the character and antecedents of the applicant should be carefully investigated. She should be a woman who loves children, and who can intelligently carry out rules laid down for nursery government by the mother, who is always the best head-nurse. In old days, "before the war," as they say in the South, the ideal nurse was often the dear black Mammy who loved her white charge and held it against her ample breast with a passionate devotion nearly equaling that of its mother. There are Southern men and women who fondly cherish the memory of Mammy, and who in thinking of their childhood never omit her from the picture.

Children Taught by Imitation

Children learn by imitation. No greater mistake is ever made than by supposing that it makes little difference what habits are formed in infancy. Long before the child shows initiative, long before it does anything except eat and sleep, the habits of a lifetime are being formed for it, and its whole future is, as it were, cast in a mold. Your tones, your looks, your movements in your baby's presence should be gentle and restrained. In the matters of taking food and taking rest, the child's ways may be shaped so that instead of being a little fretful despot, he will be a comfortable small person whose crying shall mean pain, but not impatience. Do not let admiring relatives handle and kiss an infant. The less baby is trotted and tossed and talked about in the first six months, the better it will be for all the months that follow.

By the time a little child has arrived at the end of twelve months the features and motions have insensibly taken shape from those around it. After a child begins to walk and talk the power of example is proven on every side. The child imitates and cannot help imitating those who are its nearest of kin. A child just a year old often shows a remarkable personality. The development in knowledge is so rapid that it seems miraculous to the spectator. Something new is gained and something new is shown every day and almost every hour in the first three years of life.

Some one in my hearing said that it made little matter how children were trained when they were babies, but that great pains should be taken with them when they reached the age of twelve. Never could there be a greater mistake than this, were it deliberately made. The most important years, the years that give the trend for life, are the early ones, when the little dimpled hands are outstretched, when the baby soul is reaching

forth and receiving ideas and impressions, when manners are formed and habits have their beginnings. To leave the babies to irresponsible hired hands and lavish care and expense on half-grown children is the blunder of those who are ignorant or inexperienced as to vital issues.

Why some mothers insist on chattering to their babes in Choctaw or some silly form of broken English is beyond my power of discernment. To speak to one's child in pure English and in grammatical form is part of the duty one owes to the mother tongue. No harm is done at this period by allowing a child to acquire two languages simultaneously, but if you engage a French or a German nurse see to it that she is an educated woman who does not use a barbarous dialect that the child must later unlearn. It is because of imitation that children learn language so easily in the beginning of their lives.

Mother Play

Although your grandmother, if old-fashioned, will laugh at you for the trouble you take, you will not make a mistake if you take some lessons from a trained kindergartner in mother play. The little brain develops so fast, and the little fingers and little feet are so quick to get into mischief that you are wise if you learn how to direct them into safe channels that will occupy without injuring body or mind.

When the children are old enough, kindergarten training should precede the regular school work. A child who has been taught to use eyes and hands and to defer to others assimilates the primary education far more easily on reaching the graded school than the other child who has not had this excellent education. Time spent in the kindergarten is a good investment for both mothers and children.

EDUCATION

The interest beyond all others paramount in home life is the education of the children. Although the sayings that "the child is father to the man," and "as the twig is bent the tree is inclined," are so commonplace as to provoke a smile, yet both are true to reality.

Education beginning in infancy progresses through various stages until the boy and girl are graduated from school and college, and are ready for the active commencement of grown-up life.

The Parting of the Ways

When first you send your little man or maid to school, you reach a parting of the ways that is never to be forgotten. Hitherto the child has been close beside you, sheltered and protected in the nursery, and the soft brooding of the mother wing has lingered as in baby days over the small head. How lonesome is that first empty day when you miss the chatter of the eager tongue and the mischief and movement of little hands and feet. You say to yourself that it is foolish to be sorry that your little one has grown old enough for kindergarten, or it may be for the primary class, and yet you do realize that your baby has flitted away, and in his place or hers has appeared a personality quite distinct, and fated from this hour to assume color and shape of its own in the world; somebody else must now enter in as a factor in the education of your child. You would not have it otherwise, and still there is a bit of a heartache as you take your book or your sewing and watch the hands slowly moving around the clock face. You will be glad when school is out and your darling is with you again.

Mothers grow used to the experience by the time they send the fifth or the sixth child to school. Even then they never lose the wistful regret, the intense sympathy and the vague alarm that are instinctive when mother birds first watch the flight of the fledglings from the nest.

A child in the kindergarten is supremely blessed. If there is a prettier sight in the world than a roomful of small people, with their little chairs and tables, their work which is play, their songs and their games, and a gentle, sympathetic teacher leading and guiding them, I have never seen it. Here the children receive those initial lessons in unselfishness, considerateness and self-control which they will need all their days. They enjoy every

hour of their life in school, and their perceptive and receptive faculties are so trained that later on they make better progress in the primary school than they otherwise could. Kindergarten is just one step out of babyhood, with its mists and morning dew, into the thorny land of childhood. I say thorny land, because though childhood ought to be a season of unclouded bliss, it seldom is. Few parents are satisfied with their own methods of child training. When the task is completed they look with regret upon its seamy side. The little man and little maid must go to school, and school, too, is a little trying.

I like to sit at my window on a February morning and watch the little groups that pass my door on the way to school. The girls are rosy with health, the boys sturdy and strong. In the country town where I live the children form a large part of the population. The fathers start for business early. Soon after they have left the place to its daily quiet the children emerge from doors up and down the street and set out for the business of their day. They are as happy as song birds, and look as if their mothers had kissed them and bidden them behave and do their best. One knows that these children are mother watched, and that they have nothing but pleasure before them in the schoolroom. The old days of harsh discipline and severe teachers are nonexistent now. At this period few children have anything to fear from stern masters. On the contrary, the finer force of love has been invoked, and children are gently led by easy steps into the steeper paths of learning, the rough places being made plain for them by teachers trained in every art of advanced pedagogy.

Whether the children go to a great graded school with many classes and recitation rooms and every modern appliance for assisting education, or to a little red schoolhouse under leafless trees, at the corner of a highway packed hard with snow, is a matter of little real difference. Our boys and girls are being taught the principles of conduct that shall influence them for the future, and these principles are of more moment than what they learn from other text books.

The Teacher

Have you ever reflected that after your children enter on their school days, they spend more time with the teacher than with you? The school receives, molds, and sets upon them its ineffaceable stamp. The teacher impresses their minds with her ideas and shows them her ideals. Largely, the teachers of youth during childhood and up to adolescence are women. They constitute a body of conscientious, devoted public servants—efficient, capable and charming. They have studied their profession and bring to it courage, faith and enthusiasm. The successful teacher deals with the individual child. It is a little difficult to comprehend how she does this in an overcrowded class room, but it would be untrue and unfair to overlook the fact that she does it, and in multiplied cases reaches a plane of influence with the children of which their parents have not dreamed. She holds back the quick but superficial child, and urges forward the dull or indolent one. Hand in hand with what she imparts about geography and arithmetic go precepts that children remember, and stories of goodness and heroism that are to the listening group an inspiration. The teacher is usually very much loved by her pupils. When they dislike her, treat her with disrespect or suspicion, there is a fault somewhere, and ordinarily that fault lurks in the home attitude.

Your children know at a glance how you feel toward their teacher. If you are patronizing or indifferent or contemptuous in your tone toward her, they are fully aware of your feeling, and it will be strange if the feeling is not shared. I think the teacher should be a dear friend of the family. Invite her to be a guest under the roof, and if she be a stranger far from home, endeavor to include her in the family festivals. Quote her with admiration.

No teacher can hope for success unless there be sympathy and co-operation in the home and on the part of parents. It is not meant by this that mothers should constitute themselves a visiting board, or too frequently and too wistfully watch every lesson at home and every recitation in the schoolroom. There are mothers whose solicitude leads them into a fussiness that is to be deprecated.

When the children come home with complaints, attend to them with interest, but be sure to withhold an opinion until you have had time for investigation. If you think it wise to see the teacher and remonstrate about a mistake that, in your

judgment, she has made, take pains to do so without the knowledge of the children. To sustain the teacher in the presence of the children is a duty, and it must be accepted, although there may be times when affection pulls strongly in another direction. Bear in mind that the children, dear and sweet as they may be, are not perfect. Neither is the teacher, but while she is responsible for the training of your children they must not question her authority. If you are convinced that she is capricious, unjust, tyrannical or incompetent, remove your children from the school. But while they are in school, be fair to the teacher.

A Danger Point

Children under twelve should not be burdened with much home work. The lessons for the next day ought to be almost entirely prepared in the schoolroom, and the time before and after school should be free for the little errands and tasks that belong to helping mother and to a great deal of outdoor play. Let the children romp. Nothing is more undesirable than a brain developed at the expense of the rest of the body. The danger point with a great many mothers is marked by their fear lest their children shall not be promoted at the end of every term, or their disturbance when neighbor children carry off more honors than theirs. If a period arrives when children are habitually listless, worn out and nervous, consult the physician, and if his advice is withdrawal from school for three months or for six, do not hesitate to obey him. During childhood it is imperative that the physical life be built on strong and enduring foundations. If school work makes too great a drain on vitality, let it be interrupted for a while.

Before arriving at this conclusion, however, look over the field carefully. The child who has persistent headaches may be suffering from some defect of vision, and a skilful oculist might remove the trouble by giving the strained eyes proper glasses. The child who is irritable and apparently heedless may not have perfect hearing. Children are often reproved for inadvertence when they are simply a little deaf. Too much candy and a surfeit of rich food may do a child a thousand times more harm than is done in the schoolroom. Children at school need regular hours, wholesome food and abundance of sleep. The child who is permitted to sit up night after night until ten o'clock, when eight o'clock should be the hour for bedtime, is in a fair way to break down in school. The blame lies at the home door, and not at that of the school.

The School Luncheon

Whenever practicable, children should take their luncheon at home in the middle of the day. The walk to and from school freshens them, and the noonday meal is eaten with excellent appetite.

When a luncheon must be carried to school, you should prepare it yourself, nor should you forget that care as to the preparation of a cold luncheon has a good deal to do with making it a tempting feast or a forlorn makeshift. The basis of a school luncheon is bread and butter. But bread may be cut in rough pieces instead of thin slices. There are sandwiches that are delights and sandwiches that are horrors. The bread for a school sandwich should be cut smoothly and evenly and with as much nicety as if an afternoon tea or a reception were on foot, and not a mere everyday school luncheon. You may make your sandwiches of simple bread and butter, or you may use a filling of jam, minced ham or chicken, cheese, peanut butter, or anything else that is appetizing. Children like variety. Do not give them the same thing day after day. Hard-boiled eggs, a cup custard, fruit and plain cake, all equally serve the requirements of the school luncheon. A box or basket may be used to carry it, and paraffin paper is suitable for wrapping the separate articles.

Growing children ought to be hungry. On their return from school it is well to give them something to eat if they crave it, as the interval between the noonday lunch at school and dinner or supper at night is too long for a boy or girl with whom digestion is rapid and who is sure to suffer from hunger if obliged to wait upon the convenience of grown people. Do not allow nibbling all day long. Eating between meals should be regulated by the clock.

Suppose for an instant that you and I turn a leaf in our lives and look back at our own school days. I don't know how it is with you, but one of the sunniest spots in my life as a child was the noon hour at school when we girls in summer ate our luncheon under a great oak

tree, making a lovely picnic and festival of the repast, exchanging toothsome dainties, and having the happiest time children ever had until the bell rang to summon us back to school. Names and faces, tones and echoes come back to me cheerily over the years, as I think of those hours full of charm, of birds and breezes in the summer, and in winter just as pleasant, when we had a classroom all to ourselves, warm, light and cheerful, when we spread our table and sat around it, and the time slipped away so fast that we always heard the bell that called us to duty with a start of surprise. You, too, I know, remember incidents in the school day incidents of the recess and the noon, that make you ready to laugh and cry when you talk them over with the friends who were girls with you.

Playmates

When the children's playmates are averse to staying within sight and hearing of the children's mother, there is something not quite as it should be. We have to make up our minds as to the relative importance of certain situations and conditions.

The little girl's heart must be an open book for her mother to read. Its pages should be white pages fragrant with innocence and unstained by premature knowledge.

You will not fail to become acquainted with the girls who play and recite with your daughter. When one sees two bright heads close together, or follows lovingly the progress of two young girls walking arm in arm down the street, one is thrilled with the promise of the dawn, the gracious dawn of womanhood. It is the greatest of pities when, once in a while, the serpent enters the childish Eden in the person of a vulgar, curious or ill-bred little girl, who has not been taught the difference between right and wrong by a conscientious mother.

You will, of course, teach your little daughter to avoid those girls who seek to impart secrets to her, and you can best do this by giving her the password of safety, "I always tell everything to my mother." The child who does this is shielded from every evil.

Does it sound trite to say that for children and mother alike the very happiest days are those when school and home meet in a benign partnership? They are busy days, crowded with cares and anxieties, and filled with responsibility, but each one of them is a cup bearer to the gods. Each one of them carries a chalice brimming with honey. You will never have happier days in all your life than those you spend when the children go merrily to school in the morning and rush home in the afternoon, shouting as they enter the door, "Mother, Mother, where is mother?"

Do not worry over torn frocks, and muddy trousers, do not be disturbed about trifles, but take the happy days as they come and live with your children. You will have plenty of time for other engagements a few years hence. At present nothing is so important as the children's education. Let the school help you, and on your part help the school.

The Course of Education

The choice as to the course of education sought must lie with the home, and should depend very much on the quality of the individual mind and on the privileges offered in a given direction by the institution selected. What is your son preparing to be? For what do his talents indicate a fitness? Is he to be an engineer, a mathematician, a lawyer, a physician, or a man of business? In shaping his education keep in view the sphere for which it shall make him ready, and put the emphasis where it may best tell on his future career. Neither for son nor daughter should a college be chosen, so to speak, by accident or caprice, since on the choice may depend an earthly destiny. All that is said in this connection about sons applies with precisely the same force to daughters, they, too, needing development and education both broad and deep, whether they shall devote themselves to domestic and social life or join the immense throng of wage-earning and self-supporting women.

It is a good sign in our country that one hears less often than formerly the protest from the practical man, that a college education will unfit his boy for business, and that there is less haste than there used to be to abreviate the season of study and to push crude and callow youth into the arena where maturity finds enough difficulties to tax its wisdom and tire its energies. The great universities and the smaller colleges alike beckon hosts of students in these days,

and young people of both sexes are discovering that they cannot be satisfied with an education that is not liberal and profound, and practical as well.

Opposite Viewpoints

A letter often affords me a glimpse into the struggles and trials of young people who feel rolling in upon them the strong tides of desire and responsibility. A girl friend wrote me from her room in a college dormitory. She was the daughter of a well-to-do and thrifty household, and she had a large circle of kindred; aunts, uncles and cousins as well as grandparents on both sides, of pronounced opinions, most of whom, according to her statement, had poured upon her advice and counsel from childhood on. She was a beautiful and charming maiden, efficient and capable, but in many ways unlike the family from which she sprung. She seemed to me like a garden flower among pumpkin vines. At all events she was a puzzle to her home people. They had plenty of money, wide acres and abundant comforts, but they agreed with one consent that a girl who had been permitted to attend school until she was sixteen and who had received a high-school diploma, who furthermore did not have to teach or to work outside her own doors, had acquired a sufficient education. The whole family were arrayed against her when she insisted on going to college. They could not understand her hunger for learning. The world of books was terra incognita to them. One blunt old uncle openly avowed his belief that his niece wished to go to college that she might the sooner get a husband, a remark naturally exasperating to the girl, and quite properly treated by her with disdain.

To college she had gone, for the American girl usually has her own way, if she wants it enough to make a stand, and in college she had taken a distinguished place, being ready for Commencement Day, with honors in the finest group of scholars in her class. But, alas! here entered her regret. "How can I confess it," she said, "and how shall I ever look my uncle in the face again? I am engaged to be married to one of the professors, and when I go home the first thing I shall do is to begin work on my trousseau."

Well, friends, I am old fashioned and sentimental and romantic. And I was exceedingly pleased that this young woman had not only secured the education she yearned for, but had won a good man's love, and was to become his wife, and after Commencement was passed, start on life's career as the mistress of a refined home. I was certain that her years at college had been put to good account, and that they were not wasted years. For home life women need the highest training they can receive.

I sympathized with my young friend, knowing as I did that the kinsfolk would probably never understand her, or change materially their point of view. Yet I hoped as all the world loves a lover, and as a wedding is an event that cements family affection, they would not cast her altogether out of their hearts.

An entirely opposite glimpse was given me by another girl of about the same age. This girl had been reared in a different environment by a scholarly father and an ambitious mother, prizing above all else the touch of queenliness conferred upon a woman by a thorough and well-planned education.

The daughter had evidently derived her leading traits from a previous generation, as she did not share the hopes of her parents, and openly rebelled against the monotony of student life. Mournfully, she admitted that she was no student, that she had been entirely satisfied with herself when she left her preparatory school and that she hated college and was waiting eagerly for the time when she should be done with it. To her dismay, she was led to suspect that her mother meant to force post-graduate work on her poor head.

Here was an instance rather extreme, but by no means unparalleled, in which parents were trying to make of a child something that Nature had never intended. It is ill work to fight against Nature. This young woman, meant to be a good housekeeper, a cheerful companion, a charming woman in society, but not intended for scholarship, and on the whole, hostile to books and study, was forced into a false position by the will of a mistaken father and mother. What the end was I do not know, but the probability is that Nature won out. If the parents continued to insist against her, Nature may have taken her revenge on the victim in nervous collapse, or perpetual ill health. Girls and boys are not

repositories into which facts may be crammed, or pliable substances which may be twisted at the pleasure of others into arbitrary shapes. People can seldom be educated successfully without their own cordial co-operation in the process. I felt a pang of regret that so much money and so much anxiety should be spent to no purpose. A sweet girl was being embittered and a home disappointed in the vain effort to send Nature in one direction when she was bent upon another.

MORAL TRAINING

F THERE be a guardian angel whost especial providence is to watch over the home and make sweet and pure its spirit in prosperity and adversity alike, that angel hovers most lovingly over the woman at the head of the household. The spiritual atmosphere that pervades a home and makes it something more than a mere house where people eat and sleep is dependent on mothers, wives, daughters and sisters. They are responsible for the life within their little realm. Whether or not a woman designs it, by the law of her being she is the pervading genius of the household, and although it may sound trite and familiar by repetition, home is her inner sphere from which she must broaden out. A man all by himself may make a palace or a museum or an art gallery, but all by himself he cannot make a real home.

Too Domestic

The seamy side of home making strangely enough is most often seen where a wife is too domestic. A woman who lives only for her house and for her family seldom keeps pace with her husband and children intellectually and sympathetically. She is so anxious to have her table as it should be, her dining room in spotless order and her periodical cleaning and polishing done, that she has no time for anything else. Outside interests of some sort are necessary if one's mental powers are to grow. These interests should not be, when it can be helped in the line of wage-earning. Longing to help their husbands, women sometimes attempt tasks beyond their strength. The ordinary care of a home and the management of children are enough to tax the energies of a wife and mother, and she should not undertake beyond these duties any work that is to be paid for unless there is real need.

What shall the outside interests be that keep a woman blithe, cheery and young if they are not those in which she enters the great markets of competition? Well, there are always people near who may be helped. If one has no neighbors to whom she may talk, she may write letters to friends at a distance and keep in close and loving touch with them. We underrate the charm of a letter. In some lives there are so few happenings worth narrating that the coming of the postman with an envelope bearing one's name is an event. Fancy yourself an invalid away from home, in Arizona or New Mexico, or Winnipeg, with none of your own home people anywhere near. Would not a letter from an old schoolmate across the continent bring you a waft of cheer that would keep your heart warm for many a day? It is always wise to belong to some great association for doing good. We are wonderfully enlarged if we have lines of human sympathy extending from our firesides to the ends of the earth.

Our children receive the impression of our breadth or narrowness, and they are the better for having in the home some one who is not always hurried and worried, but who has leisure to listen to them when they have little trials and plenty of time to share their joys.

Overindulgence

Two defects are noticeable in home management; one exists where a mother is overindulgent. In her anxiety that her children should be very happy and have every possible pleasure, she permits them to be indolent or selfish or faultfinding. A mother should not be chief slave in the family. She will not be half so dearly loved, nor half so truly appreciated, if she makes this mistake as she will be if her children from the first

understand that they must be obedient and considerate.

Who has not met the woman whose conversation began and ended with the recital of her children's sayings and doings, and a list of their maladies from croup to whooping cough? Who has not met and pitied the father who was so fatuous in his regard for the olive branches around his table that he served them first, while their mother patiently waited her turn until the little tyrants had been appeased? "This home," I once heard a man say, "is carried on for my children, and everybody else must abide their convenience."

How the children turned out I never knew. Fortunately, notwithstanding the folly at home, it is probable that their playmates and teachers educated the boys and girls in better ways than their parents did.

Disregard of Individuality

The other defect exists where a parent of a different disposition treats her children as if they were clay to be molded into any shape she pleases; making little account of temperament and individuality, she rules her brood with arbitrary firmness, so that there is little real enjoyment under her sway. In every home there should be just what is found as the crowning virtue of a free government, a certain amount of liberty. Children must have opportunity to become that for which they were intended when they were born.

Once in a while homes need to be patient. The children seem rather disappointing; they do not quickly discover their place or find their niche. They must be allowed time and room. In the household, as everywhere else, tyranny over the individual must be prohibited if there are to be days of progress and contentment.

Perhaps this caution is especially needful in the line of conduct adopted toward grown-up children. There are fathers and mothers who never learn that their children are men and women. They expect from maturity, from adult daughters and sons the same docility and the same implicit submission that they exacted from the nursery and the schoolroom. Unless they are resisted and their children assert their own right to their own lives, there ensues unhappiness and arrested development.

Essentials of Moral Training

The absolute essentials in moral training may be summed up in two words—obedience and truth. Yet mothers are sometimes overzealous in the methods they pursue when they cultivate these qualities. The first is taught tenderly and lovingly, when tiny hands are held away from a forbidden object, and when a little child by frequent iteration learns the meaning of the word "No." The second, which is the keystone in the arch of character depends almost entirely on the mental habit and daily practice of the parent. If you are invariably sincere yourself, if you expect truth from a child and never deceive it in any way, your child will be true. Some of us are so literal that we never make allowances as we ought for the vivid imaginations of children in a world where everything to them is new.

Unjust Punishment

Both obedience and truth may be taught with the minimum of punishment. Discipline is needful, but harshness is no part of discipline. Alas, parental vanity often keeps pace with parental anxiety, and the first child comes in for an amount of discipline far too deeply colored by severity. Never punish a child in anger or by depriving it of food or by thrusting it into the dark. Terror of darkness is a specter that shadows too many an infantile life. The dark is dear and friendly and sweet if a child has been taught aright. The old notion that a child's will must be broken is worthy of savagery, but not of civilization. The will is not to be broken, but to be trained and guided.

If I could persuade every mother who reads this that the object of punishment is to emphasize attention and not to inflict pain, I would rejoice. More and more it has come to me that many children suffer keenly from misunderstanding and injustice, and from the mistaken desire of parents to have them appear models of good behavior, and the whole sum of the matter is an infringement of the rights and privileges of childhood. Let us make childhood happy if we can.

Mothers who do not understand what mother brooding means have much to answer for, since the one lack that can never be made up while life lasts is the lack of happy memories in childhood.

Fortunate are the men and women who, looking back, recall with gratitude a mother whose smile was their sunshine, whose deft hands cut out garments and made them, who knew how to make a little money go a long way, whose children appeared well, took prizes at school, and never missed any pleasure that belonged to their age, because behind them was a mother who added to love common sense and tact, and a faculty for making the best of things.

If you find that the habit of criticism is creeping over you, that you are readier to blame than to praise, to reprove than to reward, call a halt. Remind yourself that fruit and flowers ripen in the sunshine, and that affection has before now been winter killed. Not the things in a home, but the people in it make the home a place of charm and repose.

Nagging

The greatest defect in home discipline is continual nagging. Children who are exposed to a constant hailstorm of fault-finding grow hardened to it by repetition, and it makes no healthful impression on their minds. Resentment is aroused by reproof given in public. A sensitive child hates ridicule, and loathes comment that is unsparingly bestowed before the family or the family friends. One of the most brilliant and beautiful women in America told me that her childhood was unspeakably wretched because her mother and her elder sisters never omitted an opportunity to criticize her when she made a mistake or transgressed a rule of etiquette. She was a large girl who had long limbs and an awkward carriage at twelve, and her mother would say, "I am so mortified at Elizabeth's clumsiness. We keep her out of sight as much as we can, but she is so big that it is hard work." It was always "Sit up straight, Elizabeth," or "Go back and see if you cannot enter the room more quietly," until poor Elizabeth wished that the ground would open and swallow her up.

Reproof

When you thoughtlessly reprove a young girl or a lad for levity and frivolity you should not be angry if a judicious mentor rather earnestly reproves you. Levity has its place, as sobriety has, and there is nothing wrong in a little wholesome frivolity when it lightens the day's load. The power to find enjoyment as one goes on is the greatest of boons. Gay spirits are the envied possession of youth, and are not less precious when they last to the end of the road. To go about airing one's grievances, oppressing one's family and friends with one's sadness, and discouraging everybody, instead of giving them a lift and telling them that they need not be afraid, all will be well, is to waste one's finest opportunities. To waste opportunity is worse than to waste money. You may get money back, but a lost opportunity never returns.

Self-Control

If we are notable housekeepers we are in danger of putting our carpets and curtains, our well-kept furniture and our things in general before our children. I have known a mother to pass by without notice a rude and boorish act on the part of a child, when she came down like a veritable Day of Judgment on the same little culprit if his ball happened to break a pane of glass. There are mothers who can pardon anything except an ink spot on the front of a frock, or a rent in a garment. Ink spots on character and rents in behavior are a thousand times more injurious than a transient damage to clothing or furniture.

Mothers need to discriminate. Harshness and severity should never be meted out to the child who is the victim of an accident. With the utmost admiration I remember the perfect poise and unbroken calm of a sweet woman whose little girl had the misfortune to knock over a very costly vase which had for her mother precious associations connected with her wedding journey in the Far East. The vase stood on a table where it had been placed after having been shown to guests, who had gazed at it almost with envy. In came little Barbara, her doll in her arms, her foot caught on a rug, slipped along the polished floor; she threw out a hand to save herself from falling, and lo! the vase lay in fragments at our feet. "Never mind, Barbara," said the mother, gently, "you did not mean to do it. I am so glad you are not hurt, and that even Dolly has not a scratch."

The object lesson in self-control was worth going far to see, and its effect would never be lost on the character formation of the little daughter.

Temper of the Mother

The mother's temper is the chief factor in the joy of the household, the chief bulwark against depression, the chief agent in bringing good cheer. Or it may be the exact opposite. A mother who has an uncertain temper, who is difficult and hard to please, who cannot be counted on, and who is what the children call cross, spoils the happiest home on earth. In fact, happiness flies before her, as leaves shaken from the trees in a rough wind. Nobody can be happy when mother's temper is ruffled. Nobody can feel tranquil if mother goes about with a clouded brow, looking tearful or injured or disturbed.

A mother may have every accomplishment and grace; she may preside beautifully at her table, and may order her housekeeping notably; she may be a most devoted parent, but if she be the victim of a temper that when unleashed raves like a cyclone, she is the destroyer of her home. She could hardly do worse for her children in any other way than by showing them this evil example.

"Come away, quickly," I once heard a girl of sixteen say, her face aflame, her lips trembling. "I am sorry I brought you here to-day. Mother has one of her spells. I don't know what has vexed her, but we can only let her alone until she gets over it."

Ill temper once given the right of way becomes a fierce despot. A woman subject to its tyranny takes great risks in being a mother, for her temper may affect the whole future of her unborn child. And when children are in the world, either in the nursery or grown up and entering the life that beckons young people, they should not be exposed to the caprice or vehemence of an ill-tempered or passionate mother, or feel the shameful terror that is inseparable from remaining under her rule.

A mother who for any reason goes about with an air of injury, who answers in monosyllables, and declares that her opinion makes no difference, nobody regards it, who refuses to take an interest in what is going on, and depresses every one else by her depression, is in the wrong. She is losing a royal opportunity and mismanaging a sacred trust. Home is her realm, and she is marring its peace.

Of course, there are reasons why it is not always easy for a mother to be cheerful and self-controlled. We may set a good deal of bad temper down to the account of nerves that are irritant or exhausted, or to a low state of general health. Body and soul are inextricably united. When the soul's house is out of repair, the spiritual harmony is apt to be jarred. Discords and sweet bells jangled find expression in unhappy tempers and fretful discontent.

There are thoughtful mothers reading these sentences, who, could they speak out in meeting, would tell a story of fragile health, of bearing children too rapidly, and of depleted vitality in consequence. The reluctant maternity of some wives has told heavily upon their equanimity. They have borne and reared children in a mood of protest and defiance, thus wronging their children and themselves. Financial anxiety, the incessant losing battle with narrow means, has weighed upon some women to the breaking point. When economy can reach no further, when the income is pitifully inadequate to the outgo, when there seems no help, strive as one will, the situation is harassing, and a mother, being only mortal, cannot always cope with it and come off victorious. She can but do her best.

A mother should seek for a little sanctuary into which she may retire when she is losing self-control. She may have this anywhere, for God is not far from us, and she may close her eyes, fold her hands, and be silent before him, without so much as leaving the gay group of children or going by herself apart. But she who can manage it should make it part of her daily program to spend a while each afternoon in resting. A half hour's level rest on a couch, or in a rocking chair with feet on a hassock, a nap, an amusing story, a little leaving of the household to its own devices, will aid the mother in gaining that poise which will keep her temper even.

Ill temper in fathers or sons or perverse grandparents or spinster aunts is as hateful as in anybody else, and should not be allowed to blight the family peace. The tendency is to yield for the moment to the ill-tempered person, and the mother anxious to avoid a squall or a tempest, may foster the very thing she deprecates if she is weak and evades an issue.

For the sake of the children's future we should help them to check ill temper, and above all things, never let them associate it with their parents.

Temperament

Temperament has a good deal to do with temper. Some of us are blessed with an indifference to pin pricks. Others feel a pin prick as if it were a sword thrust. Some are serene by birthright. They came into the world armed against the assaults of the devil by virtue of inherited health, of a mercurial disposition, and of the faith and hope of those who had gone before.

Others have been hampered from the cradle by some legacy of the low mood, of the unreasonable and perverse temper bequeathed them by a cross-grained ancestor or two.

To conquer this they must wage a ceaseless fight. The fight is worth waging, for the issue is not doubtful if there be real stretching out after what is pure and peaceable, after what is noble and sincere. We wrestle not against flesh and blood, but against principalities and powers invisible and strong, when we try to overcome the tendencies to evil that are in us, not ours from the outside. But there is always help for the earnest seeker who recognizes her limitations and asks God's aid. The longer I live, the more I am impressed with the closeness of the divine to the human, and with the inefficacy of any attempt to gain self mastery that leaves out God. "So near is glory to our dust" that we may triumph over anything adverse, especially if it be in our own characters and habits, if we attempt the battle with God's assistance.

Good Fellowship

Hope makes for sunshine in the home, no matter what the weather out of doors. A mother who likes fun and does not mind noise is a positive boon to her sons in the years between early youth and manhood. Such a mother does not nag, nor find fault. She understands boys, and is willing to let them have a somewhat elastic tether so long as she retains their confidence. If she is awake when they come in at night, they do not steal past her door; there is never anything furtive, anything to conceal, where a mother is light hearted and sympathetic. The lads sit down on the side of her bed, and tell her about their evening, how many dances they had with the prettiest girl, and when they are going to call on her. A mother who enjoys her boys hears all about those early affairs that are not love affairs at all—only little excursions into the land of sentiment that do no harm and give much pleasure. She advises about the clothes that are carried in the suit case for the week's end visit, and reads the bread-and-butter letter that goes back to the hostess after the boys come home. A mother whom her boys trust is their truest friend. Her girls are as much to her and need her as really as do the boys. They have their problems, their flitting discouragements. Who shall give them a helping hand if mother fails them? Nothing is more charming than a relation of intimacy binding a mother and her daughters together. A common fund of associations enriches their companionship. A quick comprehension of humor, pleasantries exchanged by a glance, belong in the home where a mother ever looks for the bright side.

Fun at Home

Every home should have its wholesome fund of little jests, familiar anecdotes and sweet traditions. That is the most charming home for children or grown folks in which there is plenty of fun. If you or I have been tempted to forego fun, and frown upon the genial mirth that helps us in the day's work, we may as well summon our resolution and resist that demon from below. The fun is to be had for the making, and the home and all concerned will be the better and happier for it. A sense of humor tides one over many of the most perilous reefs on the coast of home life. She who sees the comic aspect of a situation will not be wounded by its briers and thorns.

Love and Sympathy

There is but one method by which we can win and keep the confidence of our children, and that is by being one with them in our homes; love them, sympathize with them, enter into their joys and sorrows, think nothing that pertains to them of too trivial account to be taken notice of. "We must have the utmost confidence of a child" before we can assist him in fitting on his armor for the battles of life. Nothing is of half so great importance as our child; nothing in this universe can compare with the blessedness of keeping him near to us, of giving him the heart-to-heart touch that can be

given only in the well-ordered home. This child is of importance not merely for what he is, but for what he is to be; he is the future custodian of the weal or woe of the world. In the home he will receive impressions and imbibe ideas that are to continue with him so long as time shall last. Our very tones are mimiced by him; our inmost thoughts reincarnated. This throws a great responsibility upon each father and mother in the land.

Good Manners

Insist on good manners at home. Politeness oils the jarring hinge and does away with irritating friction. The simple precaution of thinking before we speak would save us many an aftermath of regret. Among our friends in business and in society we are on guard to repress the hasty word and to avoid disputes. At home, where we are so well acquainted with each other, we are apt to omit the small courtesies that do so much toward increasing the joy of life. If children are treated with politeness, and grow up in an atmosphere free from discord, there will be little fault to find with them. As we grow older habits become fixed, and mistakes that once might have been easily remedied impress themselves on character as if they were justifiable proceedings and not errors of conduct.

I say it with reverence, heaven only knows why the table that should be a scene of the utmost blessedness is often an arena of disputes and an occasion of heart burnings. Why should we make spiteful speeches when the dear ones meet around the family board? Why criticize the food? Why allow ourselves a license we would not take were we guests in a friend's house? If a mother, in training her children, would simply look into the future and lift its veil, she would do a service beyond price to the generations to come. She would not permit her young son to frown when he disapproved of the salad, nor her daughter to turn scornfully from a dessert that was a disappointment. She would teach her children to accept rice and raisins as if they were nectar and ambrosia, and would insist that only bright looks should ever be brought to the meal, howsoever homely it might be.

A little more ceremony in our manners at home would be provocative of a better atmosphere. We are frequently too candid, and too brusque and too intent on having our own way.

Friends

One of the very pleasantest things about life when the children are young is that they are in constant touch with other homes, and are always making new friendships.

"I don't like Edith's mother," I heard a little girl say with emphasis. "I am sorry for Edith. Her mother is always busy and is always saying, 'Run away and don't bother me,' and she never lets Edith do a single thing she wants to."

What a commentary on the errors of a mother who has no leisure for her child or for the friends the child loves. "Run away and don't bother me." Ah, mother, do what you will, the childish years are running away with speed, and all too soon there will be no need for you to fear being bothered.

It seems to me all important that boys and girls should be thrown into the company of those of their own age while they are children. How else shall they learn, as a rule, to become good neighbors and good citizens? One of life's most important lessons is adjustment to other people and acquiring the art of living and working successfully with other people.

This will be very helpful in later years, when the boys are entering on careers or going into business; when the girls are young women with a thousand interests. But the children's friendships are delightful to the mothers, too, and add no end of zest to the daily cheer and the daily toil. Some of the most endearing and beautiful associations of life are formed in this way. We never can have too many friends nor throw out too many filaments and lines of social intercourse with all sorts of people. The children assist us in this, and thus keep us from growing narrow and illiberal.

As the children grow older, their comings and goings, their guests, their merrymakings and whatever has to do with their pleasure become the chief concern of the household. Father and mother are very likely to retire into the background, letting the young people occupy the center of the stage. They are unwise if they abdicate. They should still retain their hold upon authority. Fortunately, the tendency to omit the older people from the program of the young has been

greatly checked by fashion in these latter days. In few places where good form prevails are mothers left out; they are on duty as chaperones, and are of course the confidantes and dearest counselors of their children, toward whom the currents of the future are setting so strongly.

The dearest of mothers sometimes permit themselves to be imposed upon, through an excess of unselfish gentleness. A mother should not be pushed aside or effaced or ignored by her young people. She ought not meekly to see herself superseded in authority, nor should she do all the giving up, while the younger ones march on with banners flying.

A home where there are young people in the heyday of enjoyment is not exactly a place of tranquillity, but it is a place of very great opportunity, of some strain and stress, as well as of great pleasure. The impulse of young life dominates everything and sweeps all else before it.

We have nothing to complain of in this situation. Each new generation has a right to its day in the world, and with some variations each repeats what went before it. Looking back a few years, we older people remember our own good times, and they were indeed very beautiful while they lasted. We would not have those who are coming lose a single chance, and it is only a pleasure to give them all we can. Yet there are a few perils here. Youth is usually self centered. It is not wrong or unjust for us who are mothers to remember that nothing is gained if we efface ourselves, and that in true and complete family life there must be reciprocity. Deference to those who are older should be the answer in quick response to the generous affection shown the young. It is this quality of deference that sets homes apart and makes them attractive and magnetic.

The Father's Part

The time has passed when only the mother is considered responsible for the training of the character of the child. It takes both parents to make the "home;" each one in the family circle has his influence on all the others.

A father's part in the upbringing of children is not less influential and not less direct than that of the mother. A father whom his children honor, whose integrity and rectitude are unbending, whose goodness is their shield, and who stands to them almost in the place of divine providence, is for children their best ideal of the heavenly Father. During the very earliest years, children are most closely under the molding hand of mothers, but from an age that reaches back into the dim adumbration of infancy they receive some impressions from their father.

The man's province is to provide for his home, to be its bread winner and its defender, and therefore, working hard and long, he often has little opportunity to be much with his children. Sunday is the father's day. The children make acquaintance with him then. He talks to them, tells them stories, goes with them to walk, carries the baby on his shoulder, and sometimes sits at the head of the family pew with a row of little heads between him and their mother. It is a beautiful sight and it is a good omen for the future when some portion of the Sabbath is given to worship, and when parents and children are found together in church.

Among her pleasantest recollections a woman, no longer young, tells me that she cherishes her pictures of her father sitting by the firelit hearth, a child on either knee, while he told the small spellbound listeners stories of Joseph the dreamer, of David and Goliath, of Daniel in the den of lions, and of the three children who walked in the fiery furnace, and were none the worse.

A home in which father and mother unite in training their children is the one retreat on earth which gathers to itself the light of heaven.

THE GROWING BOY

A boy's life goes forward by leaps and bounds after he passes the nursery stage. At least it seems so to his mother. There is the day when his father remonstrates about those babyish curls that are so beautiful, and that the mother twines around her fingers with such care and pride. The boy has begun to hate them, and he goes joyously to the barber's to have them cut off. As the shears

separate each soft ringlet, the mother feels as if something precious was severed from her heart. She gathers them up and lays them away; and as her little lad walks beside her with sturdier step than before she realizes that the coming dawn of his manhood is quickening on the horizon.

There is the day when she sees her boy, a gallant little figure, with his hands in his pockets, looking an inch taller than yesterday, because he is dressed less like a little girl and more like the boy across the street whom he has secretly envied. Those pockets mark an era in boyish development. Are they not distinctively a badge of sex? Surely, considering that a man has fourteen pockets and a woman none at all, the day when the boy first realizes that he has pockets, and that they are to hold whatever he pleases, is a great day for him. The boy has his own happy day, too, when he first puts on a real pair of stout shoes, shoes in which he may run and jump and kick a ball.

Another day comes, dreadful to the mother, inevitable and not to be avoided, and that is the day when her little son for the first time fights with a playmate, and reaches home torn and tumbled, jacket and trousers showing marks of conflict, and still worse, a black eye, making her turn faint and sick. Her husband assures her that growing boys must fight, and that unless a boy can hold his own with fellows of his size he will be a Miss Nancy and a milksop, and that so long as he does not fight a boy smaller than himself, he is probably in the right. But the mother doubts. She would so much rather have him know the higher, sweeter virtue of gentleness and forbearance, and it is not easy for her to accept the man's opinion.

Mothers have other terrors, too, tragic terrors. When the boy first learns to swim, which he cannot do without going into the water, when he dives into the deep hole, when he climbs trees to a dizzy height, when he does any one of the numerous perilous things, that belong to and are a part of boy life, the mother has her bout with fear, and over and over wishes herself well through with the serious task of bringing up a boy.

All too soon for the mother arrives the hour when football comes to the front, and her boy rushes to the fray fearless as a lion and ready for the arena, heedless of bruises, and throwing his whole ardent self into the game.

Changed Ideals

A mother's fears are natural, and to some extent justifiable. No fine, manly boy will indulge in sport that is an annoyance and a visible discomfort to his mother. Long ago, in the Rollo books, those classics of an older day, Jacob Abbott pointed out to his young hero that a boy might safely do many things, which, however, he ought not to do if he knew that they distressed his mother. But very likely the mothers who lived when the Rollo books were written were more timorous than the mothers of today. We live in a period when everybody is more or less athletic, and the feminine ideal has changed very much since ladies wore thin slippers and tight corsets and were afraid to go out when it rained. Still, many of us have our tremors now when we see our boys doing "stunts" that make us hold our breath for a time. It is often wise to control the expression of fear, and encourage the growing lad to undertake whatever may be his duty without a thought of personal risk.

Physical Training

Every boy should be prepared for life by knowing how to swim, to row, to ride, to drive, to fence and to shoot at a mark. Most of these accomplishments are taught our sons if they have the good fortune to secure an all-round training in boyhood. No skill or knowledge comes amiss to a man, and the better he can handle himself, the better he can use tools or weapons, the more accurate his eye, the more steady his hand, the more alert his mental processes, the better he will be equipped for the march and the conflict. A man should never be at a loss.

I was talking one day with a friend about two men whose early life had been in sharp contrast, and whose characters had been shaped in opposite molds. One was gentle, apparently effeminate, clever and versatile, and had distinguished himself brilliantly in a university career. The other was thrown out upon a cold world when barely fourteen, shipped before the mast, endured singular hardships, and sailed on many seas. He was brawny of build and strong as a viking, and what he learned he wrested from the grasp of

unkind Fortune. Both men attained marked success, and their friendship was as that of Damon and Pythias. My friend told me that they had something in common. "Either of those men," she said, "can in an emergency do a day's work of some kind. Each is full of resource. Each has had development in the art of knowing what to do and how to do it, and each has mastery, precision and courage."

These are the qualities you as a mother must strive to develop in your growing boy, and you will never help him to their possession if you suffer in yourself a spirit of cowardice.

Fighting

I do not in the least expect every one to agree with me in what I say about fighting. I have seen the issue fairly presented, and have discussed the matter with people whose opinions I value, and if, therefore, a reader differs with me, she is entirely within her rights and is in good company. I would not have a boy quarrelsome, or disposed to fight with a comrade on small provocation. So far as I know, the bully is generally a coward. A fellow who struts about, taking mean advantages when he can, insulting others and domineering over younger and weaker boys, is contemptible. Once in a while it happens that such a boy can be taught good manners only by hard knocks. A boy should not hesitate an instant to fight in defense of his sister or of a younger and weaker boy, or if by fighting and in no other way he can rescue a dumb animal from the attacks of cruel tormentors who do not deserve the name of brutes. I would not have a boy of mine invite a quarrel, nor would I have him shrink from it in a good cause. Often, indeed, the nobler courage is that of the boy who refuses to take offense and declines a contest.

Notably, participation in games, even those that are rough and dangerous, affords an outlet for boyish energy and discourages mere pugnacity. Football and baseball and the other favorite sports cannot be played by boys who are not willing implicitly to obey rules, and who believe in what we all may call a "square deal."

In the dim days of bygone chivalry, before modern civilization had quite emerged into our fierce noonday light, the German youth looked forward with eager anticipation to the hour when the chief of the clan should admit him to the battalion. Once allowed to carry shield and javelin, he took his place among men at arms. He learned to value fearlessness and honor, he learned to obey orders, he could fight bravely when the battle was on, he could bear himself with knightly gentleness when the battle was over. An ideal like this, only higher and finer because illuminated by the spirit of Christianity, might be set before our sons to their lasting advantage. Is it not the mother's place to do it—to stimulate all that is magnanimous and to inculcate scorn of all that is base and sordid both by precept and example?

Profanity

The temptation to profanity assails small boys because they fancy that the use of bad words is manly. No wonder they think so when they hear oaths on the street and ejaculations that are blasphemous in the common speech, it may be, of neighbors and acquaintances. Instil in the mind of your boy that profane swearing violates one of God's commandments, and guard him from drifting into this wretched habit in his early years.

Smoking

With boys, as with the rest of us, influence and affection go farther than prohibition. This is especially the case when a boy wants to smoke. Men smoke, why should not he? Thus he reasons. But the cigarette habit will hurt him physically and mentally. Use your loving influence to prevent its formation by all means in your power. Keep him from furtive cigarettes. The effort to deceive is as bad as the act itself.

The Basis of Good Health

Freedom and fresh air, good food and plenty of sleep are necessities if a boy's body is to be strong and serviceable and to last him through life as a comfortable dwelling place for mind and soul. To ignore health is worse than foolish in the upbringing of children. When deliberately done, and children are ruthlessly cheated of their birthright of vigor, the act is criminal. Parents who are ambitious to have their boys take high rank

in study are in danger of forgetting that the brain ought not to be stimulated or the mental faculties too rapidly developed at the expense of a sound physical constitution. If you want your boy to be well, you must let him have room to grow, and must shut your eyes to a little wholesome dirt and your ears to a good deal of noise.

A repressed boy who moves about with decorum, never shouts, never flings down his cap or his books in a hurry, is to me a mournful spectacle. Your boy, if allowed liberty to make noise on occasion, will easily and pleasantly adjust himself to the requirements of home when peace and quiet are in order. If you have a headache, or there is illness in the house, or the baby is asleep, or callers are in the living room, the little man may be depended upon to be considerate. Boys in a happy and comfortable environment do not behave like savages. I have seen boys of ten and twelve who were models of health, and steam engines for activity, who knew perfectly well when to be noisy and when to be silent. A boy should be a sort of steam engine, full of motion and capable of velocity, yet obedient to the lightest touch of the engineer. Economize where you will, and if you must, but do not economize in directions that have to do with a boy's chances for fine physical development.

If you live in a town and your boy is puny and pining for lack of exercise, send him if you can to a farm or a ranch, and let him breathe a pure atmosphere.

"I should have lost Jack," said a mother, retrospectively, "if I had not denied myself the pleasure of his company, and sent him to his uncle in Arizona when he was ten years old. He came back to me at fifteen, robust, fearless and well started in the race." She had made her sacrifice, and it was repaid in good measure.

Politeness

There is no reason why a boy should be boorish when his sister is polite, that a boy should be grumpy and awkward, ill at ease before strangers and unacquainted with table etiquette when his sister possesses the savoir-faire of good breeding. We are talking about the growing boy. While he is still under your daily care, teach him to take off his hat when he meets you on the street, to rise when you enter the room, to place a footstool for his grandmother, and to carry any bundle or parcel not too heavy for small hands. A little fellow who is permitted to wear his hat in the house when only his mother and sisters are present cannot be expected to take it off because visitors have arrived.

"Freddie, why do you stand there with your hat on?" asks the mother severely, when Freddie thus trangresses propriety, and the minister's wife or the lady from Baltimore or the aunt from Philadelphia is in the room. If Freddie had been taught always to stand bareheaded in the house, if it were his custom to pull off his hat whenever he met a lady or an older person of his own sex out of doors, the act would be automatic. Let your boy wait on you. Do not rush wildly to wait on him. Let him button your shoes, put on and take off your rubbers, perform little services at home. If you are wise you will send him on errands to your friends, give him notes and messages to carry, and otherwise make him at ease when obliged to address some one he knows slightly.

A teacher speaking of a boy who was not altogether a popular favorite, observed, "Whatever faults Harry had were lessened in my eyes by his beautiful behavior to me in the schoolroom and on the street. If a window were to be raised or lowered Harry sprang to do it. If any little courtesy could be shown, he was quick to seize the opportunity. On my way home from school he would join me and carry my books, as a matter of course, often going out of his way to escort me to my door."

I was going home myself one evening in the winter dusk when the pavement was a glare of ice. Glass could not have been more slippery. The wind blew a gale. Unable to advance or retreat, I stood still in despair, expecting every minute to be dashed against a lamp-post or landed in a heap of forlorn wretchedness on the icy sidewalk. Up came a splendid young fellow of fifteen in the ordinary dress of a schoolboy, although he behaved like a knight of the olden time. "Take my arm," he said, "lady, and I'll help you home. We boys don't mind walking on ice."

Bless his brave heart and ready gallantry.

Need of Sympathy

At the core boys and girls, being human beings, are not very dissimilar. The boy

has his reserve, as the girl has; he needs sympathy and comprehension in the same measure that these are given to the little girl. A mother should prize beyond words her boy's confidence. A boy is in no great danger morally, if he tell the story of the day's doings to his mother when she sits beside him for a bedtime chat. If one desires her son to be clean in mind and body, if she dreads unspeakably for him the thought of anything unchaste or impure, she must be to him more than an embodiment of authority, she must be his dearest friend and constant adviser and companion.

Mothers should not forget that all the petting and care are not to be monopolized by the juniors. A lad who has reached what we call the "awkward age" is often sensitive and uncomfortable as well as shy and unreasonable. Every one knows that transition moments are trying, and the bridge between boyhood and young manhood is a peculiarly perilous and uncertain affair. A mother needs much patience and much tact in influencing her growing boy. She must often indirectly shield him from the consequences of his inexperience. She may even have to stand between him and his father, since fathers have not always the quick sympathy with their sons that they usually have with their daughters. The tides of manhood are rushing in upon the growing boy. He does not understand his own moods. He is often the prey of older men who take advantage of his vanity, or tempt him to his undoing. Even though the mother neglect some of her other cares and duties she will do well to brood lovingly over her boy of sixteen to twenty. Later on she will have no reason to regret that she maintained her steady hold on his confidence and love. Nor should she intermit this brooding care whether boys and girls are away at school. Her letters and love should maintain constant touch with teachers, and she should know all about companions and friends.

The Boy's Room

If possible a boy should have a place that is his very own, and the room should be prettily furnished and not fitted out with shabby leftovers from other parts of the house. A boy needs solitude sometimes. He needs a place into which he may invite his friends. If he has a fad or a hobby, or makes collections of things dear to a boy's heart, there should be a corner where he may keep them unrebuked.

If, dear friends, you would have your sons grow from boyhood to manhood, strong, clean and pure-hearted, if you would have them honest, vigorous and able to resist temptation, give them happiness at home.

If fathers would have their sons discover nothing beyond the home door so pleasant as the light within, they must set an example of staying by the hearth themselves, and they must not frown on evenings of song, music and games. Some homes are places to fly from. Is yours a place to seek, a place of confidence, tenderness and unshadowed blessedness?

THE DAUGHTER

ROM the hour of the little maid's arrival to the day when she reaches womanhood, and long after that, the daughter is a continual gift of God to the mother. She is often a puzzle and a wonder, a mystery and an interrogation point, but she is nevertheless an inspiration and a delight.

The mother finds it a marvel that her own childish tastes and talents are not invariably repeated in the little girl who perhaps resembles her father and derives her chief characteristics from him. In a large family there is room for variety, and one daughter may be a replica of her mother, while another is dissimilar, and the same diversity may be seen among sons.

I am thinking to-day of the mother and her girls. I am supposing that the mothers to whom I write have a trio or a quartet of daughters. However this may be, the problems that confront those who have before them the training of girls for life and its duties are very real and differ in marked degree from those that were faced by our grandmothers.

Questions arise that must be answered. Conditions and circumstances have altered

since the days when girlhood was always sheltered and young women were never expected to work for themselves unless they were unprovided with masculine relatives.

Before women in great numbers had entered business and forced their way into the learned professions the accepted sphere of young women was found in the home. A girl was trained for domestic life first, and frequently was prepared for no other. Shall I be misunderstood if I say that in my judgment, with full recognition of existing difficulties, I still affirm that the mother should put the emphasis of her direction—its accent, so to speak—on making her girls ready for home life.

This does not mean necessarily that a girl who has no aptitude for the needle shall be obliged to spend precious time in learning to sew, or that her sister without an atom of talent for music shall be compelled to drudge over scales and exercises when, instead of sitting at the piano, she ought to be running races with her brothers in the sunshine; it does not mean that every girl should be taught to cook, to sweep, to make beds and to become past-mistress of the actual arts of housewifery. An intelligent girl whose mind is well furnished and who has been disciplined in the school room by studying mathematics and physics seldom finds it impossible to attain a measure of proficiency and some creditable skill in housework when she has it to do.

Home making is a step higher than housekeeping, and a woman may be at the same time a very notable housekeeper and an unsuccessful home maker. The mother should think of her girls as home makers by and by, and home helpers in childhood. They should be taught, as the foundation on which other qualities must rest, self-control and altruism, not self-effacement. In a time that our young girls, if they think of it at all, regard as prehistoric, the daughter was not mentioned in the same breath with her brother. She was expected to wait on her brother and to sacrifice her own desires for his pleasure. He had the best of everything, certainly in education, and frequently in less vital matters. In our day we do not ask self-effacement in our girls. Certainly we do not want to see them weak and flabby and hysterical; we expect them to set the right value on speech and on silence, to rise superior to their temperaments, and not to be the slaves of caprice or vanity. We earnestly try, if we are wise, to free our girls from the tyranny of the personal viewpoint.

A young woman in the home should be able to look at things from the viewpoints of others, as well as from the one that belongs specially to herself. To be ready for beautiful home life girls must be sweet tempered, brave, gentle, truthful and tactful. The latter combination makes for nobility in spirit and behavior. To be at once entirely sincere, yet never harsh or cynical, to be so tactful that one never wounds the amour propre of a neighbor, to be loving and lovable, are traits and endowments that prepare a girl for home life far better than the most thorough knowledge of baking, brewing and scouring.

Yet a girl should know something of domestic detail. A mother is not fair to her girls if she allows them to grow up without the slightest acquaintance with what may be called the cost of labor. I do not mean its cost when paid for in dollars and cents. I mean its net value in the ache it brings to muscle and sinew, and the weariness and fag it brings to the tissues of the brain. When we all understand this sort of value as we ought we shall have lessened friction between mistress and maid.

The daughter in the home, if altruistic, will think twice before her weekly laundry work is beyond the amount that should be laid upon the overburdened shoulders of a woman not much older than herself, and she will not invite friends to luncheon on the morning when the ironing basket overflows or the weekly sweeping is the order of the day.

One of the principal functions of a girl in her home, as it is one of the functions of woman at every successive stage, is to be pleasing and attractive and to make people happy. The mother who so trains her daughters that they are full of charm, sweetness and steadfastness has been very successful in this part of her life work.

Individual Freedom

Do not be unduly disturbed at the dawning of a day almost sure to come in your experience with your girls. If they have strong characters, if they are able to stand on their own feet, they will reach a station where the train they take may lead them away from you. Girls

have said to me, with a shade of sadness, that they regretted they must sometimes make decisions of which their mothers did not approve. One of the temptations of which we fallible mothers are liable is that of ignoring the obvious fact that grown-up daughters or daughters nearly grown are not babies any longer and are not to be compelled to yield their individuality to ours. Even though you may wish with all your heart that one daughter should devote her time to society after her school days are over, or that another should stay at your side and be your daily delight in the household, you must let your preferences sink out of sight if the former determines to be a doctor or the latter is called upon to become a foreign missionary. There are crises in young lives and there are places where two roads meet, and the only thing for a mother to do, having given such counsel as she thinks best, is to leave her daughters entirely free to work out their own problems. Enormous trouble and overwhelming disaster may follow interference in the management of other people's lives, and although daughters are part of your own existence, yet you cannot treat them as if you were an autocrat. Give your daughters room for individual expansion and liberty of choice. Sometimes they must try their wings in daring flights; they may find it a happy thing to come back to the nest, or they may never return to stay there in quiet ease. In either case you will not lose them or their love by letting them test their own strength and endurance.

The mother who is domineering and the mother who is fretful and pessimistic alike makes a mistake in her treatment of her girls. After childhood is past each human being must face destiny as an individual.

The Physical Basis

Unless girls are physically strong their chances for usefulness and happiness will be meager. You who began with the daughter when she was a little creature whom you held in your arms have had much to do with furnishing her with a good capital on which she may later draw. As the child by imperceptible steps changes into girlhood, and later into womanhood, you will be obliged to exercise tender care lest she slip from the safe moorings of health, and become, if not a nervous invalid, a fragile being for whom disease is forever lying in wait. The functions of sex can never be safely ignored by mothers in the raising of their daughters. How much to say to a child, when to speak, when to be silent, at certain transition periods, are puzzling questions to conscientious mothers. Shall we brush away with ruthless hand the soft, translucent veil of innocence, shall we endanger the sweet purity of the girl who is approaching her early teens, by telling her secrets of Nature which in time she will be compelled to know? What to say, what to do, what not to say and do, are to delicate-minded mothers distressing questions. One thing you may safely determine upon, and it allows of no exception: Do not leave to strangers, to servants, to ill-bred and coarse-minded persons the office of revelation that only a mother can properly take on herself when the well-being, health and future delicacy of her girl are in the balance.

There is a prudishness that is allied to folly in its reluctance to assume a plain duty. On the other hand, there is a haste so anxious to break the spell of virginal tranquillity that it is indecorous and almost brutal. Mothers have inquired in good faith whether they ought not to talk to their little girls of six and seven years about things that can be safely left to silence for a long time to come. In the same family there may be instances requiring different treatment, but only the mother is fitted to be the priestess who shall unlock forbidden mysteries to growing daughters.

When curiosity awakens in any direction, the mother who has lived so closely with her daughters that she has their entire confidence will know how best to deal with it. Be confidential with your girls and keep them at your side in friendly intimacy as long as you can.

What a heartache comes to a mother when she realizes, as occasionally she does, that her girls are not in touch with her, that their sympathies have ceased to be hers, and that they seek other counsel and companionship, and treat her as though she were somehow aloof from or indifferent to them. This cannot happen where day by day the mother keeps the friendly confidence and half-sisterly comradeship that make the estate of motherhood and daughterhood the most perfect thing on earth.

Even-Handed Justice

When the scales of adjustment tip ever so unfairly in the home you may look for heartaches and suffering. Why do thousands of mothers deliberately train their daughters to selfishness, and so underrate themselves and so put aside their own rights that the younger generation is almost sure to become arrogant and grasping? Because your daughter has had opportunities for a wider education than your own, because she is young and pretty and blooming while you are faded and tired, are not reasons why you should in the least underestimate yourself. A mother is always a mother. She has experience that is in itself worth as much in mental discipline as aught that a college can bestow. If there must be choice as to indulgences, holidays, dress, and the like, it is not fair to give daughters everything while mothers ask nothing.

A great many maternal self-denials are accepted in sheer thoughtlessness by girls who imagine that their mothers have ceased to care for their looks, or have no looks to care for, who fancy that they prefer old clothes to new and solitude to society. Of this a chapter might be written.

Let the balance be fair. Justice in the long run is what we owe to one another. Justice often makes loving kindness possible when otherwise there would be misery and animosity.

Companionship

The usual health rate of women is higher than formerly, and it is not uncommon for a mother in her later forties to have the gladness of spirit and brightness of aspect that make her seem like an older sister to her girls. Now and then this mother wears a look of youth and health that throws the more serious countenances of her daughters into the shade. "Mother is the youngest of us all," exclaimed a girl, with perfect sincerity. And the statement was not an exaggeration.

Girls in their twenties often feel the surge of the coming years, and their temperaments drive them to unrest. Their mothers have lived through the turmoil and effervescence and have gained a quiet haven. Mothers and their girls ought to have good times together, good times at home and abroad. The pleasant custom that makes it imperative that young girls should be chaperoned when they go about has among other advantages the fact that it necessarily includes mothers in the jaunts and outings and the various entertainments which would be dull to stupidity were the young people left out. A fund of jests, anecdotes and memories common to a household belongs to those who have lived under the same roof all their lives. They know the little ways of the kindred, and they are able to secure a spice of fun out of incidents and episodes that are at times exasperating. A long acquaintanceship and years of sweet commonplace familiarity make ideal the relation of the mother and the daughter, and although once in awhile there may be misunderstanding, it is not of the kind that breeds suspicion and jealousy.

The good times may be interrupted by a wedding by and by, when the daughter who is first to go to a home of her own leaves the shelter of the mother's brooding wing. There is a little wrench in this, but it is soon over, and new vistas open before the mother and her girls as one by one they leave the home in the haunting melody of the wedding march.

REST AND RELAXATION

THE woman who greatly needs a holiday, and seldom gets one, is the mother. When the children are little she cannot leave them, and often she feels that she cannot take them away. "Home," she very truly asserts, "is the best place for babies." In another house she will have cramped quarters and fewer conveniences than she has at home. Besides, it worries her to think that her children may annoy or disturb other people. At home she does not so much mind their fretting, or if they are not quite clean and dainty it does not matter much. In a strange place she and they are on dress-parade, and she often comes back from a vacation as tired as when she started. Later on, when the

children are grown, it is always the mother who plans their outings, manages that her tall boy shall have the fishing and swimming he craves, that her young daughters shall miss no opportunity for a visit or an outing; that, in short, the family shall have the recreation while she stays at home.

"Is there any reason," I once said to a young man, who is a devoted son, "why your dear mother should not leave home and spend some beautiful weeks with me? We have hardly seen one another since our girlhood, when we were constantly together."

"No reason in the world," was the quick answer. "Mother can go anywhere she pleases, and we will all be only too happy to speed her on her way. But remember, please, that she has become used to staying always at home, and that to get her away is like tearing up a tree by the roots."

I found that the boy knew what he was talking about. When I wrote to my friend, setting forth the delights of such a summer holiday as she had not known for years, the reply came back by return mail:

"It's all beautiful and alluring and would be perfectly delightful, but I could much more easily go to heaven than come to you."

There are mothers who are reading this page at this moment who feel the same way. They have so accustomed themselves to self-denial that they do not in the least dream what a good thing it would be for them to be lifted bodily away from their present place and duties and made for a while to think about themselves. If a mother is obliged to drop the helm, either through a long illness or by death, the household is terribly bereaved and the home joy is deeply shadowed, but the home goes on. It would be wise for a mother, whether young or middle-aged, to take into account the fact that she can do more for her family well than ill, living than dead, and that though it cost contrivance and inconvenience and trouble and money, she ought for her own sake and that of the others to sometimes break away.

Whether in town or country, the case is the same—she is in need of a change of scene. It should present itself to her mind as a duty, since American women are a little apt to be exacting, to demand too much of themselves, and to hesitate when asked to be idle. Many of us are so constitutionally opposed to what we call indolence, laziness and loafing that we are uncomfortable if ever we sit still with folded hands, read a book or magazine in the daytime, or drop our activities for a week or fortnight while we go a-pleasuring. Husbands and fathers feel about it precisely as their women folk do, except when they happen to be fond of hunting and fishing. A man who enjoys either of these sports seeks them to his latest day with the keen zest of a boy, is as eager as a lad about his fishing poles and tackle, takes pride in his skill as a shot, and makes no apologies when the time returns for his annual holiday. The gray-haired boy, if a sportsman, is ardent and ambitious so long as he can tramp through the woods or sit in a boat and throw a fly. The famous New England conscience may let up on the sportsman, but never on the rest of us.

Women, unfortunately, unless they belong to the fashionable set or are still very young, seldom have any outdoor pursuit which stands to them in the same relation that fishing does to men. The housekeeper who has spent so many years in the domestic round, that from her rising with the sun to her retiring long after it has set she is the slave of routine often does not know how to relax. She feels that she is almost wicked if she attends any function more festive than a missionary tea or an old folks' concert. She cannot unbend. She has forgotten how to play.

A Lost Art

Now and then it seems as if the art of being at leisure were one of the lost arts. The days are too short for the visits, the tasks and the enterprises that we crowd into their spaces; from Monday to Saturday we hardly pause to take breath. We cannot be gracious and simple and sweet, because we have forgotten how to sit still. Lessons ought to be given in the art of sitting with folded hands. In Owen Wister's beautiful story, "Lady Baltimore," he describes an old Southern seaport readily identified by those who have walked through its streets, gathered its roses and been entertained in its hospitable homes. The women who live in that quiet town have about them the air of a land where it is always afternoon. They refuse to be driven. For the glit-

ter and arrogance of wealth they care nothing, although they attach immense importance to good family and good manners.

Ways of Resting

One reason why it rests a body to go away on a visit is that for the time being there is a shifting of the ordinary load and a lessening of the usual responsibility. Before people start they declare that they will not have an easy moment while they are gone. They are certain that they are going to be worried and troubled and anxious, yet the instant one puts ten miles between home and ones self care and worry fly. Propinquity has a good deal to do with much of our worrying. We do not worry over what we do not see.

A driving trip is ideal if one may go as fast or as slowly as he pleases in a given day. Sometimes it is better not to visit relations and friends, but instead to make pauses at wayside inns, sometimes stopping a day or two, sometimes exploring localities hitherto unknown, or visiting points of interest that had long eluded desire.

A journey by rail may be equally delightful and healthful, especially if it be taken in a leisurely fashion and if people avoid what to many is an unspeakable wretchedness—the passing of nights in sleeping cars. Some of us have had for more years than we like to mention a hope before us that we may some day take a coveted journey to see a place about which we have read, or mingle in the crowds that pass and repass in the streets of some great city whose towers beckon us in dreams. Some who have always lived in town have hungered for green fields, have thought what joy it would be to see the miracle play of color when the mountains and the groves are flaming in crimson and gold beneath the autumnal sun. Dwellers by the coast have yearned for the vast sweep of the prairie; inland people have pined for the boom of the surf, and the marvelous glory of the breakers as they come rolling from afar to fall asleep at last in white foam on the shingle.

The gratification of so natural, so innocent and so peremptory a hope can result for us only in good, never in evil. Why not gratify it?

The Question of Expense

The money question often hampers freedom of movement. People may not honestly do what they cannot afford. Yet it is occasionally fair to all concerned, to the homestead which is the root and motive of the toiling and saving, to the children who are growing up, and to the future for which provision is made, to spend money that has been carefully laid aside, if by so doing we shall renew youth, broaden the horizon and add years to the span of life. Surely it is as well to spend money in order to prevent illness as to spend it on illness after it comes. A severe attack of any malady—pneumonia, typhoid fever, malaria, or whatever it may be is always more costly on the money side, to say nothing of the cost to health and strength and the inroad on the physical capital, than a voyage or a journey or perhaps a short trip abroad. Doctors' visits, medicines and trained nurses are expensive, and nobody for an instant thinks it possible to do without them when the need is urgent. In many cases prevention is better than cure.

Holidays at Home

If, for any reason, it is impossible to go away from home in summer, try what you can do without leaving the familiar place. Air the house thoroughly in the early morning, and at other times keep it dark and cool. Opinions vary as to whether a house is cooler with doors and windows closed in the middle of the day, than if a current of air is allowed to pass from room to room. Much depends on the thickness of the walls and the location of the house, but darkened rooms are certainly cooler than those to which the sun is allowed free access. Put away all superfluities in the line of bric-à-brac and ornaments. Make the housekeeping as light as possible, and during the summer avoid too many hot meats and rich pastries. Take short trips, by trolley or steamer, to objective points not very far from home. You may be surprised to discover that within a very few miles of your town or village there are woods and groves where the birds sing, the wild flowers bloom and the sunbeams sift down through interlacing boughs on the velvet turf. There may be historic spots not far from you which tourists visit, but which you have never seen.

The Meals

Speaking of the table, if you have a mind for real relaxation let the meals be simple. Simple meals do not mean ill-chosen or negligently served or unappetizing meals. Far from it. But if you have around you one of those nagging families in which each person likes a different viand, and one will not eat vegetables, and another declines fruit, and still another turns away from cold meat and disdains ragouts and leftovers, for the present, at least, reform the family habits. Do not take too much pains. There are housekeepers reading this page who can testify that the care of the table and the constant endeavor to placate and propitiate fault-finding sons and daughters have worn their nerves almost to shreds. Establish a complaint box, and ask any one who has fault to find or criticism to make to put it in writing. The little billet if written must be deposited in the box, which will be opened once a week in family parliament, when the complaints shall be read and some action taken by vote. It is extraordinary how few complaints are made when people are asked to put them in writing. Fault finding is often the expression of nervousness, which effervesces into thin air when spoken, but alas! leaves a blistering trace in the memory of a sensitive hearer.

By Way of Summary

Finally, if you are nervous yourself, take to heart the thought that you cannot do your best for your loved ones until you overcome the depression or the disturbance that follows in the wake of disordered nerves. Silence and solitude are often blissful in their effect on the overwrought and overwearied. No life flourishes and thrives that cannot at times be alone. Dearly as we love our children, we need at times to shut them out and go away by ourselves. If we have fallen into a habit of foreboding, of fearing disaster and calamity, we may as well set that down to the account either of overwrought nerves or a deficient faith. In many departments of life we must trust the care of the divine Father, who never forgets us. We cannot be omniscient or provide against every emergency. There is much comfort in remembering that our mercies are more numerous than our trials, and that the great sorrows come singly and seldom, while the joys are manifold and multiplied and more in number than we can ever count.

Some of us need to keep our hands off other people. We want our homes to be happy, but we are not willing that the people in them shall be happy in their own way. We insist that it must be in ours. Freedom and spontaneity and room to grow are essential in every happy home.

Our homes should be happy. They will be happy or not as we are so ourselves. If we are forever occupied in ceaseless work and ceaseless strain, if we are martyrs to monotony or are martinets under bondage to inflexible system, our homes will suffer. For the sake of making every one in the circle around the hearth cheerful and glad, let us do our best for ourselves. Rest and relaxation are remedies that may be bought without money and without price in the shop that Mother Nature keeps open the whole year round.

SELF-IMPROVEMENT

Now and then it happens that a woman whose school days are far behind her, or whose opportunities were few, is sometimes very much disheartened when she compares herself with her friends, or, it may be, with her own children. She feels at a disadvantage in society, and is keenly sensitive on the subject of her shortcomings. Conversation, except on ordinary domestic topics, is impossible to her, because she is afraid of making mistakes; and if she be of a diffident and retiring disposition, she generally draws into her shell, is silent in company, and abashed in the presence of her clever sons and equally clever daughters.

Probably this woman, and other women of her type, should take courage and stop exaggerating the situation. The deficiencies are less glaring than the partially

educated imagine, life itself being the best of schools, and experience the most successful of teachers. No one can spend the years between twenty and fifty in this country and this period without absorbing useful knowledge at every pore. We can turn nowhere without encountering something or somebody whose province it is, quite without intention, to give suggestions that may be helpful to us. Wide-awake and energetic people are in a way independent of other culture than that which is imparted by the mere fact of living in a community where there are schools and churches. Even the duller and more lethargic are roused from time to time by the forces around them, forces quickening thought and broadening outlook. We cannot wholly escape the influences that belong to the era in which we live.

We will suppose, nevertheless, that our discouraged friend is right in her estimate of her ignorance of the subjects with which her acquaintances are familiar. We will suppose her somewhat illiterate, and fancy that her spelling is weak and her grammar faulty, and that she does not like to write a letter, because she is sure there will be blunders that would cover her with mortification if exposed. This is beginning on the ladder's lowest round, is it not? What shall this woman do?

Use of the Dictionary

I called one morning on my neighbor Mrs. H. I found her seated at a table, with a dictionary and a note-book before her. She looked up, and greeted me with a little laugh half of fun, half of embarrassment.

"You see," she said, "what I am doing. I am determined to know words, and this big book is just full of them. I read and copy a column, hit or miss, every day, and I do believe I am learning to spell."

"But, dear Mrs. H.," I said, "you are taking the very hardest way to reach your end. Why not study Bobby's spelling-book and Jennie's reader? Then climb up to the lexicon later. Nothing in the world is so well adapted to the use of a beginner as a good school text-book in anything—in geography, grammar, history or science—and as for words, dear lady, the daily paper, the monthly magazine and the books you read are furnishing you with them; you have only to use your eyes, and when with other people, use your ears. Eyes teach spelling, ears teach pronunciation, and attention does the rest."

"I am getting on pretty well with the dictionary," replied Mrs. H., "and I'll stand or fall by its aid."

She had been an orphan child, this neighbor of mine, in the long ago, and had been tossed like a ball from one home to another, seldom staying long in one school. Often three months in the year had been all the time she had spent in the school room. At eighteen she had married a man of limited education, but of resourceful courage and talent. He had acquired large wealth, and the H.'s home was the finest in the town where they lived. Nothing to which an American child could aspire would be lacking to Bobby and Jennie and the rest of the brood, and as for Mr. H., he had grown and developed as he had mingled with men, and held his own among his peers with a rough bonhomie and a native shrewdness that quite fitted him for the occasion. Sensitive Mrs. H. was not satisfied to remain where she was without a brave endeavor to improve herself, and she attacked the matter with a systematic devotion which presently gave her large repayment. No one listening to Mrs. H. as she presided at a meeting of the W. C. T. U. or at her literary club, as she did some years later, would have dreamed that she had picked up her knowledge of the fitting phrase by dint of daily delving in the dictionary.

Reading

An excellent method of gaining every-day information is to read current news. We are confronted to-day by great issues. Never was an epoch so exciting. The woman who takes time daily to read about what is going on abroad and at home will find before long that she is not one whit behind her younger friends who have studied and worked under the most learned professors. Break up the fallow ground of your mind and sow it with the seeds of learning. Draw books from the nearest library, and firmly resist the temptation to read fiction exclusively.

Novels and romances have their legitimate office. They amuse and enliven the reader. The problem novel now so much in vogue is by no means easy reading. Philosophy, history and religion mas-

querade in the fiction of the day. But one would do well to read fiction sparingly if she is reading for intellectual discipline. Take a book that compels thought and close attention if you hope to gain culture from its pages. Back of all personal improvement must be some hard work. Though you happen to be beyond the age when pupils memorize and recite, compel your memory to serve you, and you will discover that the power to retain fine passages and noble verse has only been in abeyance. You may do what you have the will to do if you are but resolute.

The Value of the Woman's Club

Here it is in order to introduce the woman's club. We women are given to frugalities. It does not befit our traditions to waste anything—time, money or endeavor. The individual woman may be a reckless and wasteful creature, but women, generally, are good economists. If you live in a little village where there is no club, organize one. At first it may be very small. But it will grow. And if it does not grow, three or four women meeting regularly for a definite purpose will do very much better for themselves than each woman could hope to do in solitude. In the larger towns and cities large and popular clubs are numerous, and their waiting-lists testify to their importance.

A club usually outlines a course of study that may run over the months of a year. Topics are assigned to the members, who prepare papers in turn with such fidelity and research as they can bring to the task. These papers are read and discussed exhaustively.

At a club meeting held in a small suburban town I have listened to essays, critical, historical and biographical, which would have done credit to the alumni of our most distinguished colleges, yet not one member of the club had ever gone beyond the usual high school curriculum.

If your home is too remote from neighbors to enable you to attend such an association, avail yourself of a correspondence school. A great deal of pleasure and satisfaction will thus come into your life, giving it what stay-at-home women most need—a vivid outside interest —and uniting you on the mountain-side or the sheep ranch with the great stirring world, where life rushes on with clamor of voices and sound of trumpets.

Fads and Their Uses

The inevitable and cramping bondage of routine is responsible for the dullness of women. Nobody remembers precisely what she acquired in her school days. The most brilliant graduate of twenty years ago would not expect to pass triumphantly through the examination papers that her daughter must face this year. A great deal that we receive from books is useful only by way of ballast or scaffolding. Its time of use passes, and we drop it, needing it no longer. In the early days we ought, if we can, to do regular work, and form habits of intense and concentrated application, not that we may cram ourselves with facts or inflate our vanity, but that we may have tools in our hands in after life.

In the day of the fad we want relaxation, but do not want mere play. Sir Edward Burne-Jones held that nothing was so essential to any one as to learn how to know and love beauty. I think he was very nearly right. Vision and desire make us to differ from the plodder who never lifts his eyes from the ground.

A woman whose health was breaking from monotony, and who was resigning herself to the flatness and flavorless insipidity of a stagnant life, resolved to study some branch of the life about her. She chose the life of the birds. Patiently, minutely and lovingly, opera glass in hand, she watched the little creatures who make nests in the trees and sing about the eaves. She grew five years younger in a single season. She noted the comings and goings of the birds, when they arrived, and when they departed in the spring and autumn, and as she entered into their realm of wings and songs her life took on a new brightness and zest. People began to say, "What a charming woman is Mrs. ———. How much she knows! Why, she can tell me the most extraordinary things about the birds!"

Of course she could. She was using her eyes. Dr. Charles C. Abbott, a veteran observer, says:

"There is every year the one memorable morning when we can say, in broad terms, 'The birds are here.' When the oriole whistles from the tallest tree in the lawn; when the wren chatters from the portal

of his old-time home; when the indigo-finch sings in the weedy pasture; when lisping warblers throng every tree and shrub; while over all, high in air, the twittering swallows dart in ecstasy; and at last, the day-long concert over, whip-poorwills in the woods pipe their monotonous refrain. The Indians were right; when there came such days as this, they had no further fear of frost, and we need have but little. Our climate certainly has changed slightly since their time, but we have in such a birdful day an assurance that the clinging finger-tips of winter have at last relaxed, and his hold upon our fields and forests is lost."

At the moment there is a marked tendency to what may be called the fad of gardening. So decided is the impulse in this direction that here is almost a new literature on the subject, and books on the gentle art of cultivating flowers are sure of a ready and active sale. These excellent manuals tell any one who has a small plot of ground, and a wish to cultivate it, how she may do so with success. It is not botany in the scientific sense that a hard-working, tired-out woman longs for when she arrives at the point where she feels that she must grow or die; it is a bit of Mother Earth, which at her bidding shall blossom as the rose. What shall she plant? Annuals, perennials, shrubs, bulbs, vines, vegetables or fruits? She has but to choose. A woman told me the other day that her garden was about as big as the company table cloth, but it was crowded with the dearest things the summer long.

A woman who gardens for the love of beauty will never be unprogressive. Wonderful secrets shall be hers; wonderful joys.

After all, it is joy that keeps us young, and work that makes life worth while. Not the drudgery that we hate, but the toil that we delight in, makes us good comrades on the road, agreeable neighbors and friendly companions in the household.

If this talk has a message for any one, the gist of it is that there is a good deal of culture outside of colleges. Nobody who is in earnest about improving her mind, or making herself a better conversationalist, or learning anything she does not know, has the slightest reason to despair if she will only stop worrying and do something without delay. The something is for her to decide.

On the lower plane of mental breadth and improvement, leaving out the spiritual elevation and the duty and privilege of church attendance, an immense amount of culture is gained by those who steadily and thoughtfully go to church. The impressiveness of the service, the silent hour in a building consecrated to lofty worship, the presence of the congregation, the melody of the organ, and the words of the preacher, all tend to culture along the highest lines.

Travel

For her who may go where she will, who is not compelled to be always in one place, travel is a mode of improvement not to be despised.

One may go to Europe, Asia or Africa in this day with a speed and at a rate of expense which would startle our forefathers, could they return to earth. One may spend a fortune on foreign travel if one has the money and the wish to do so, but one may also travel modestly and comfortably at a trifling cost. The thing is possible and practicable, but demands adequate planning, and once accomplished, the traveler is forever enriched.

What of inspiration, of revelation, cannot the hitherto untraveled woman find in a summer jaunt in our own vast country, in a journey east or west, north or south. A trolley trip through any selected section may cost little in dollars, but will yield much in pleasant memories.

Travel with a camera. The gentle art of photography is within the reach of all. From every outing one may bring home souvenirs which will adorn the home, form central figures in later study, and furnish food for agreeable reminiscences and pleasant talk around the evening lamp.

In summing up, let me say one word: Never admit that you are in any vital way inferior to your next neighbor. What any one else has done, you may do. All education is not found in the school room.

Cherish with care whatever facility or aptitude you have, and do not too easily slip into habits of idleness. Avail yourself of every new opportunity that may come to hand to learn something that may lie outside the domestic realm.

BOOK VIII.

Needlework

How to Make a Buttonhole. Cross-Stitch Embroidery—Design for Waist. **Cut Work or Renaissance Embroidery**—Yoke, Collar and Cuff, Doily. **Feather Stitching**—Pincushion. **Irish Needle Point**—Bolero Jacket. **Irish Relief Crochet**—Collar. **Italian Lace Embroidery. Japanese Embroidery**—Centerpiece, Pillow Tops. **Kopje Knot**—Design for Work Bag and Portière. **Mosaic Embroidery. Mount Mellick Embroidery**—Chafing-Dish Set in Grape Design. **Shadow Embroidery**—Bedroom Set. **Teneriffe Lace. Pillows**—Lingerie, Outline Stitch, Wallachian Embroidery, Huckaback, Appliqué, Rose. **Bags**—Work Bag, Battenberg Lace Bag, Linen Belt Bag, Handkerchief Bag, Twine Bag, Laundry Bag. **Novelties**—Hat-Pin Holder, Pincushion, Sachet for the Baby, Baby's Rattle, Scissors and Emery, Needle Books, Spool Case, Sewing Catch-All. **Knitting and Crocheting**—Shawl, Infant's Jacket, Afghan, Hood for Baby, Baby's Bootees, Crocheted Slippers.

BOOK VIII.

NEEDLEWORK

NEEDLEWORK is too intimately domestic ever to lose its charm for the women who love their homes and want to make them beautiful.

Even the most practical of women—women whose lives are for the most part, either of necessity or from preference, occupied with other things—at some time or another want to indulge in the real woman's privilege of artistic and useful articles in fancy work.

It would not be possible in so limited a space to enter fully into the arts of needlework. It must be presumed that the reader knows its simple stitches, attempt being made here merely to consider some of the most useful and popular ones. The designs illustrated and described in this book are simple, practical and easily made. They require no great amount of skill, simply neatness in the making, and are not too expensive for the ordinary purse nor too elaborate for ordinary ability.

The buttonhole stitch is not only important as a fundamental stitch in embroidery, but every woman who makes her own clothes should be familiar with its proper use in every-day sewing.

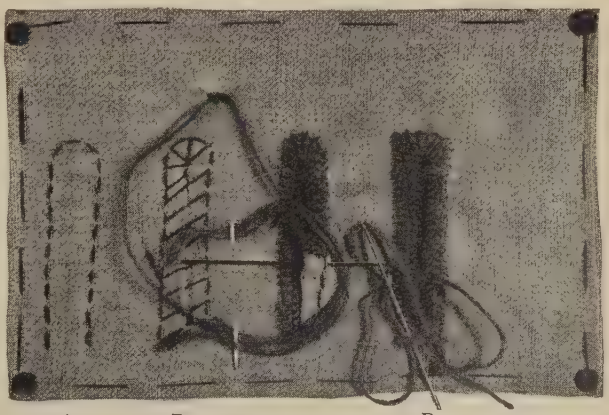
To Make a Buttonhole

In illustration No. 1, A shows a buttonhole marked and stitched, B shows the buttonhole marked, stitched and overcast, C the buttonhole partially marked, with needle in position, and D the buttonhole with square end barred, with needle in position for making the bar.

Directions for Practice

To begin with, take a piece of white cotton material about ten inches long and four inches in width, in which the threads may easily be counted. Fold through the center, and baste the cut edges together. Use a No. 6 needle and No. 36 cotton, or red marking cotton No. 8.

A knot is never used in making buttonholes. Put the needle through the fold at the end nearest you, and draw the thread nearly out. Hold the folded cloth over the left forefinger. Put the needle through the fold six threads from the edge. When the needle is half way through the cloth, take the cotton near the eye of the needle, between the thumb and forefinger, and pass it around the point of the needle from the lower to



A B C D

No. 1

the upper side. Pull the needle out, and draw the thread down closely and firmly but not too tight. The loop formed by turning the thread around the needle is called the purl.

Take the next stitch four threads above th one just made and six threads from the edge. Repeat until this sized stitch can be made evenly and with some degree of speed, then do the same with a medium stitch, and again with a short close stitch. After some practice, counting threads will be unnecessary; but do not attempt a real buttonhole until the stitch on the folded edge is mastered.

The size of the stitch is regulated by the quantity of the material and also the way the buttonhole is prepared for the final work. The thread used is considerably coarser than that used in sewing the garment, because the purl is more showy and the work more rapidly done.

Making the Buttonhole

Now mark with a pencil a buttonhole crosswise of the practice piece near the end. Beginning at the end of the mark farthest from the folded edge, make a row of back stitches around the mark one sixteenth of an inch from it. Then cut on the mark, and overcast all around, making the overcasting stitches where the back stitches meet. Hold the buttonhole across the left forefinger, and beginning at the end farthest from the edge, put the needle in just beyond the back stitches, and complete the stitches in the same way that they were made on the edge of the practice piece.

Much care must be used in working around the end. Take the stitches farther apart, but draw the purls closer together, making them form a half circle. Complete the work by taking two or three tight stitches across the end and making buttonhole stitches over it. This is called a bar, and may be omitted if preferred. Put the needle through to the under side, and fasten the thread by taking two tiny back stitches.

If the thread breaks close to the purl, pull out three or four stitches, and hold the end on the under side; put the needle with the new thread up through the last purl, and proceed as before.

Except that a long stitch on each side of the buttonhole and a short stitch at each end sometimes take the place of the back stitches, all buttonholes on wash garments are made this way.

Working on Woolen Material

On woolen goods the preparation is somewhat different. A button stay of some sort is needed when the garment closes tightly or when it must be laundered frequently. Sometimes a tape is stitched underneath, and in lined garments it should be placed between the outside and the lining. When the material is so thin that the tape would show through, make a circle of back stitches one fourth of an inch in diameter where the button is to be placed. Take a small back stitch, leaving the knot on the upper side; put the needle through the button, place a pin across it, and take the stitches over it in the form of a letter X. Be careful to take the stitches over the circle and on the bias of the cloth, because it does not so easily pull out of the cloth as when the stitches lie in the same direction as the threads of the material. Take two stitches each way, pull the pin out, and draw the button up the length of the threads; bring the needle through from the under side, and wind the thread tightly around the stitches under the button. Put the needle through to the under side again, and fasten by taking two tiny buttonhole stitches a little to one side.

CROSS-STITCH EMBROIDERY

Cross-stitch embroidery as a decoration has long been popular, because it can be done very easily, without instruction, and when finished is very pretty. It is especially effective worked out in several colors, say in pale green, blue, yellow and pink, giving the effect of Persian embroidery, or in the vivid combination of green, red, blue and black, which is seen so much in Bulgarian fancy work. On canvas or a very coarse-mesh goods this work can be done without a pattern, but on a fine weave of goods it is necessary to have a pattern, or else to baste a coarse canvas over the goods and count the stitches. You work through both canvas and material, and must be very careful not to sew any of the threads of the canvas, but to

always put the needle through the open mesh. This is necessary in order to have the threads loose to pull out when the embroidery is done.

Drawing the Design

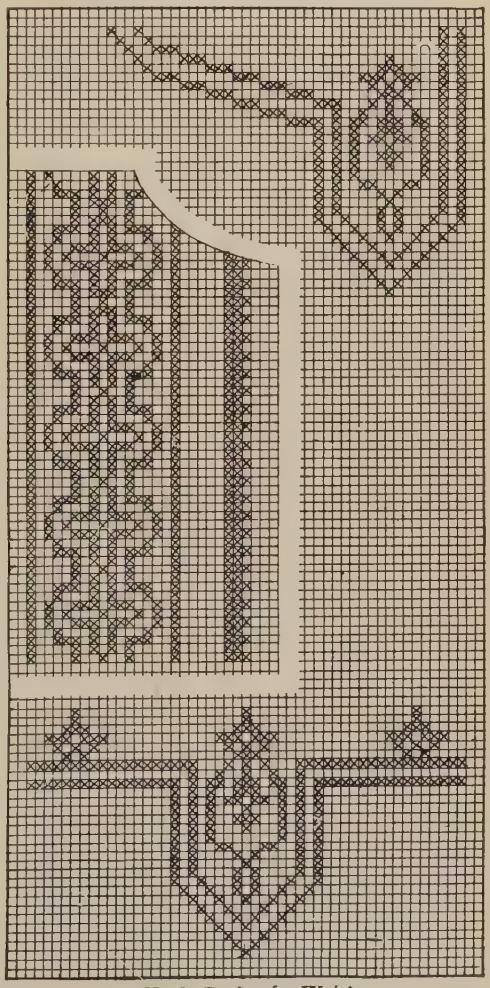
In drawing a design on material, do it very lightly with a lead pencil, so that it will either be hidden by the embroidery stitch or will easily wash out. Where you are using very thin goods, like organdie, or net or lawn, you can place the material over a pattern, and outline the design very easily, as the crosses will show through plainly enough to be traced. If one has an accurate eye, after a little practice with cross-stitch embroidery, it can be easily done without either tracing a pattern or using a canvas.

The pattern can be made large or small by using large or small mesh canvas. The larger the mesh, the more the design spreads. In a conventional design stitches can be added either up or down. If a heavy, raised effect is desired, double cross stitch the entire design, that is, instead of simply putting a stich from corner to corner of each square, put first the corner stitches and then stitches from side to side. You can also add a stitch between the sides and the corners.

This sampler embroidery is used for decorating all sorts of summer clothes. In illustration No. 2 a very simple waist design is given. There is no end to the combinations of interesting color schemes that can be worked out in this cross-stitch embroidery. It can be done in silk, wool, linen or cotton, according to the fabric to be decorated, and can be very fine and lacy in effect or very coarse and gorgeous.

Where colors are combined in sampler work a certain general scheme is observed all through, that is, some one color is used in the center of a group of stitches, a second color borders this, then a third, then a fourth, so that the effect is not haphazard when the embroidery is finished.

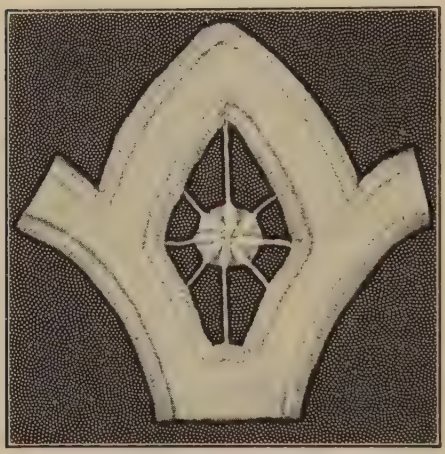
The best canvas to use for basting over materials to get a body on which to work is the old-fashioned, open-work, sampler canvas, which is very stiff, so that the needle does not readily go through the thread and has such a wide mesh that there is no difficulty in working up a large stitch. Where a very large stitch is required, one can include four of the squares of the canvas in a single stitch from corner to corner, and this is especially good in using any sort of wool thread which requires more space to be effective. If it is not possible to get the regular sampler canvas, coarse canvas or a piece of mosquito netting, starched, may be employed.



No. 2—Design for Waist

CUT WORK OR RENAISSANCE EMBROIDERY

Renaissance embroidery, commonly known as cut work, has from time to time been in vogue, and is an attractive feature in the make-up of summer gowns. It is especially well adapted for costumes of



No. 3—Detail Showing Spinning-Wheel Rosette

linen, piqué, etc. While the work is simple, much care is required to produce the desired effect. No portion of the work can be slighted, for accuracy is one of its chief beauties. Heavy butcher's linen and a fine corded piqué are especially desirable for dress garniture, as both are firm to work upon and launder well. For the buttonholing embroidery cotton in white or colors is used.

Stitches Used

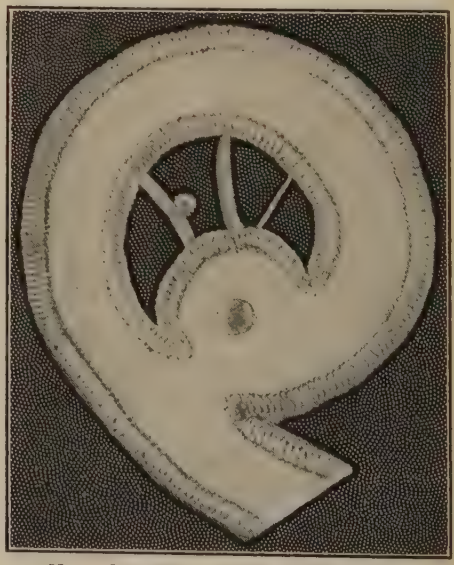
Three stitches are characteristic of this work—buttonhole stitch, twisted and buttonholed bars, and wheels, as shown in illustrations Nos. 3 and 4. Eyelet holes and solid dots also play a prominent part in the work. There are, of course, variations of these stitches. For instance, picots are sometimes added to the plain buttonholed bars, and in place of the wheels more elaborate filling stitches are used. A Persian effect, obtained by using shades of red, blue, green and yellow on a groundwork of gray linen, is very artistic. On white material only white, black or delicate shades are used.

The pattern is stamped directly on the fabric. The work should be executed in an embroidery frame, to avoid puckering the material.

The first step in the work is to outline by a running thread of coarse cotton the edges of the pattern where the linen is to be cut away. Fasten in the thread by a few stitches, and finish in the same way, never using a knot, a rule to be observed throughout the entire work. Where there are scallops, as in one of the patterns shown, a padding of run threads is used. The threads should lie thickly and solidly in the center, and shade off on both sides, as the fullness and roundness of the embroidery depends on the firmness of the foundation. The solid dots are also thickly padded.

Bars

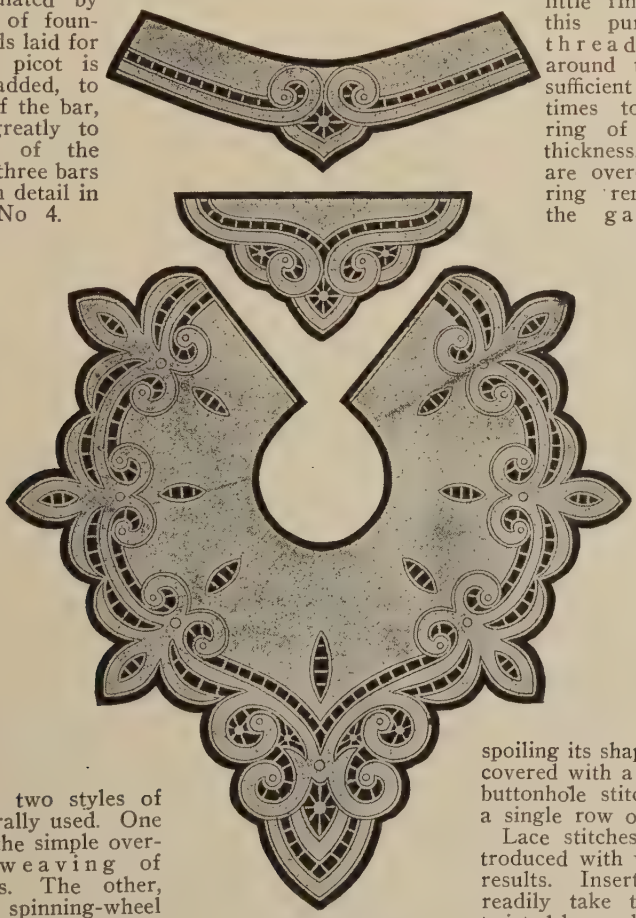
In cut work the plain straight buttonholing is generally used. Only rarely does the long-and-short buttonholing appear. the bars which connect the different parts of the pattern are worked at the same



No. 4—Detail Showing Three Different Bars

time as the buttonholing. That is, a portion of the buttonholing is worked until the place for a bar is reached; then, with-

out cutting, the thread is passed across where the bar is to be caught at the other side, and twisted back to its starting point. The buttonholing is then continued until another bar occurs. If the thread, instead of being twisted back, is worked back with buttonhole stitches, the bar is heavier and more effective. The width of the bar is regulated by the number of foundation threads laid for it. A lace picot is sometimes added, to the center of the bar, and adds greatly to the beauty of the work. The three bars are shown in detail in illustration No 4.



No. 5—Yoke, Stock and Cuffs, in Cut Work

Wheels

There are two styles of wheels generally used. One is made by the simple over-and-under weaving of twisted bars. The other, called the spinning-wheel rosette, is more elaborate and much more effective. It is made on the same foundation threads as the simple wheel, but the working thread is carried under two radii instead of one. It is drawn up closely and firmly, and is then passed under the second of these radii and also under the next one, and so continued. The result, as shown in the illustration of the detail, No. 3, is a raised twist or coil over each radius. In place of wheels rings are often used. These are held in place by twisted bars. For white work the Battenberg rings are suitable. If the work is in colors, rings of the required size and shade must be made. There are little ring gages for this purpose. The thread is wound around the gage a sufficient number of times to make the ring of the correct thickness. The threads are overcast and the ring removed from the gage without spoiling its shape. It is then covered with a close row of buttonhole stitches or with a single row of crochet.

Lace stitches may be introduced with very pleasing results. Insertion stitches readily take the place of twisted bars where the open spaces are narrow, and simple net stiches are used where wheels generally appear.

A rapid and highly effective way of making cut work is to follow the outlines of the pattern with a narrow braid loosely held down by buttonhole stitches. Then the portions to be cut away are removed

by means of sharp scissors, the cutting being done always on the wrong side.

Yoke, Stock and Cuffs

For a colored linen gown there is a yoke, with stock and cuffs to match, embroidered with white. If one wishes to simplify the work in the yokes, the inner row of cut spaces may be omitted.

A narrow, flat collar in white is one of the simplest and daintiest styles in neckwear. The plain Russian stitch and net stitch may be used where the linen is cut out.

Italian Cut Work

From across the sea comes to us most admirable and intricate needlework; so fine, so delicate it is, that one almost shrinks from the thought of all the patient care and eyesight which have gone to make it beautiful. Italy contributes particularly lovely work. The fashionable linen used there, however, is of coarse texture, much of it hand woven and bleached, so that the needlework to some extent corresponds.

No. 6—Doily in Italian Cut Work With Filet Square and Reticella Edge

In illustration No. 6 is given an example of Italian filet and cut work. This work is very effective, and not very difficult. It looks extremely well on a polished table, as the dark wood shows through the open work and throws it into relief.

At breakfast, luncheon and supper the table cloth is dispensed with in many houses to-day, plate and tumbler doilies being used on the polished table. It is a pretty fashion, as the dark wood forms an effective background for the glint of silver and cut glass and makes beautiful china show to the best advantage.

FEATHER STITCHING

This style of stitchery, though by no means novel, is very effective. It is rapidly executed, and although simple, it gives an impression of elaborateness, the monotony of its repetition being relieved by the shading. There are several variations of this stitch, but the simple brier stitch is as pleasing as any.

Feather stitching is used not only on both outer and under garments, but on

No. 7—Brier Stitch

various articles of fancy work. When done by skilful hands it may often take the place of embroidery. In its simple form it is a good way to hem any flannel garment, and it can be done more rapidly and is much more effective than a plain hem. The more intricate designs might worthily decorate a handsome waist.

In learning the feather stitch, first try the simplest form—the straight stem and single leaf. Let your practice be done on some coarse material in which the thread may easily be followed, or something with a hair-line stripe and wide space. The thread may be coarse marking cotton, linen embroidery thread or rope silk. Each kind of thread makes a slightly different-looking stitch.

Hold the material over the left forefinger, and work toward you. Put the needle through from the under side, bring the thread down straight on the thread of the goods, and hold it with the left thumb. Put the needle in one fourth of an inch to the right, and bring it out one fourth of an inch below the beginning. Again draw the thread down, and hold as before. Now put the needle in one fourth of an inch to the left, exactly opposite the last stitch, and bring it out one fourth of an inch below. Repeat as required.

Pin Cushion Cover

The pincushion cover shown in illustration No. 8 is made of lawn, with a lace-trimmed ruffle. A row of beading and ribbon, with rosettes at the corners, finish the top of the cushion. The top measures five by twelve inches. The white cover is used over a ruffled under cover of pink silk. The under ruffle, which has a pinked edge, is made not quite as deep as the lawn ruffle. The silk ruffle is adjusted by sewing it to the cushion.

Dressing-Table Cover

A dressing-table cover to match the pincushion is made of very fine Persian lawn, and is used over an underlay of pink lawn. The scroll design is feather stitched in three tints of heavy pink floss. The darkest is used for the large polka dots, which are the centers of the figures, and for the shorter scrolls, while medium and lightest shades are introduced into

No. 8—Pincushion of White Lawn Embroidered in Feather Stitching, Finished With Lace Edging and Ribbon Bows

the other scrolls. A row of feather stitching in the lightest tint of pink is used at the top of the half-inch hem. The edge of the cover is finished with a border of lace. The lace lies perfectly smooth along the sides, and is gathered at the corners. The cover when finished should be the exact size of the dressing table or a trifle smaller. Sheer material over a colored lining makes the daintiest cover, yet sometimes a linen cover edged with heavy linen lace is more effective. White linen worked with colored mercerized cotton is very practical, since it is so durable. The mercerized cottons come in nearly as good colors as the silks. They are very easy to work with when fancy stitches are used.

A very attractive cover may be made of heavy écru linen with heavy lace edge, the feather stitching worked with a coarse mercerized cotton the exact shade of the linen, or, if preferred, in colors. The design used for the dressing table cover may be readily adapted to a table cover with hemstitched or feather-stitched edge, repeating the scroll in each corner. It may also be used for decorating one corner of a tray cloth, or it is suitable for the cover of a sofa pillow.

IRISH NEEDLE POINT

While the making of Irish crochet is a matter of long study, and its price prohibitive to many of us, Irish needle point is well within the power of any woman at all skilful with her needle, and the cost of the material is a small matter in comparison with the beauty of the completed lace.

In the making of heavy lace especially, the greatest care must be exercised in the basting. Use a piece of thick paper or lining muslin under the cambric pattern, so as to have a firm ground upon which to work. The lace is made with the right

No. 9—Back View of Bolero Jacket Showing Lace Design

Basting

Particular care should be given to the basting of the lace braids upon the pattern, for this is, as it were, the foundation of your structure, and upon this much of the success of your lace work depends. Many people hurry over this rather uninteresting preliminary, not realizing the importance of having the braid firmly basted.

side toward the cambric. Pull up the gathering thread slightly before basting the braid on the loops and scrolls, thus partially fitting it before sewing it in place. Baste along the outer edge of the braid, taking many back stitches, and at the ends of the loops use an overcasting stitch on the edge of the braid. It is best to use the overcasting stitch almost

wholly throughout the design, as then you are sure of the braid staying perfectly in place when the filling stitches are put in. This, of course, takes a little more time, but the result is well worth the extra expenditure of time and labor.

Making the Flowers

In the designs shown here, notice that the small loops of braid in the centers of the lace flowers are made entirely separate from the rest of the loops, being fastened in place at the ring center only. These tiny loops are first made and sewed to the under side of the ring. The rings are so large that the braid may easily be turned under them, the ring center thus being left open. After the loops are made baste them in place on the cambric. It is really easier to make them and sew them to the ring before basting down the braid.

The outer loops of the flowers are next made, and most of these are carried (over the tiny loops) back to the edge of the ring, care being taken, when the sewing is done, that no stitches are taken through the upper loops, as these must be left perfectly free. It may seem as if the work would look rather thick and clumsy with so many loops being turned and fastened on the under side of the ring, but this is not so, as is plainly shown by the worked detail.

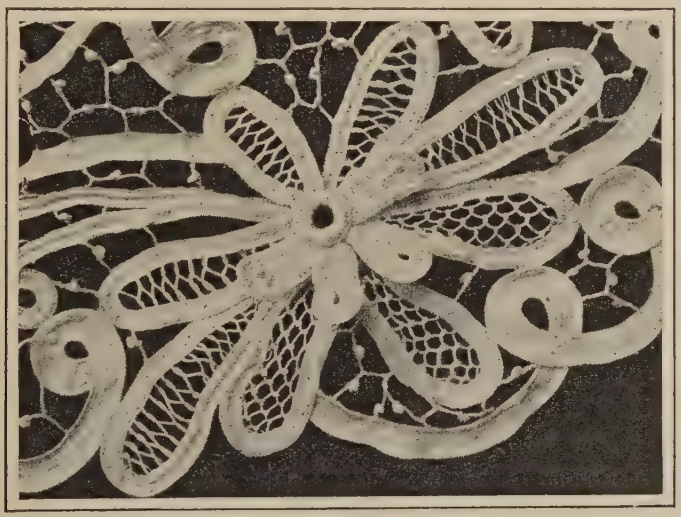
Filling Stitches

For filling stitches the Brussels and the plain Russian stitches are used. The method of their making can be plainly seen if you will carefully examine the large lace flower shown in illustration No. 10.

Background Stitch

The Irish needle-point background stitch is given in full size in illustration No. 11, and here are the directions for making it:

Secure the thread in place at the left of the work and draw it loosely across the space. Twist back over this thread to about its center, and here make a loose buttonhole stitch. Into this stitch or loop make three buttonhole stitches. Pull the thread tight, pass the needle through the first buttonhole stitch, and overcast the thread back to its starting point. When filling a large background space it will be necessary in places to cast the thread across, twisting it partly back, and then laying another thread, and so on, afterward twisting back over the laid threads, making the picots in their centers. In working patterns the background stitches in the large places are indicated, so that the corresponding parts of the design are exactly alike.



No. 10—One of the Large Flowers Showing the Lace Stitches in Detail

Removing Lace from Pattern

Before removing the lace from the cambric pattern, press it very hard with a hot iron. The easiest way of removing the lace from the pattern is to pull the paper and cambric apart, cutting the threads between the two. After the lace is free, give it another hard pressing. You will find that it will look smoother if some of the ends of the scrolls are pressed a little on the right side. Curl the tiny loops a bit at the edge, so that they will not look too set.

The designs given are made in two widths of braid, and the thread used for working should be No. 40.

Bolero Jacket

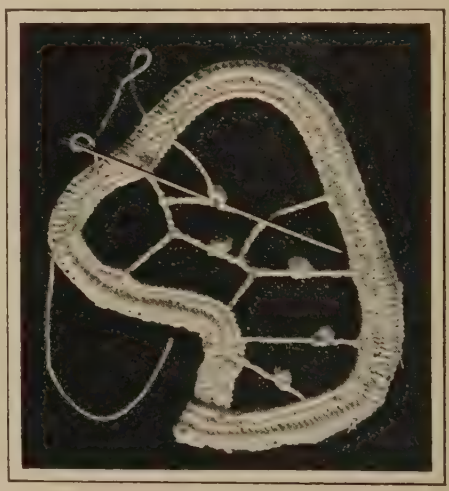
The bolero jacket, of which the back view is shown in illustration No. 9, is made in five pieces—fronts, back and shoulder pieces. Fronts and back are joined on the shoulder and at the underarm seams. On the shoulders the joining is made with lace stitches, so that they are not recognizable as seams. The patterns are carefully drawn to fit together very perfectly. It would be well to pin the pieces together first, and try the jacket on. If a little more space under the arms or on the shoulders is desired, the change may be easily made by putting in a few extra filling stitches. Pin the shoulder pieces in place, and then baste a piece of cambric under them and the portion of the jacket to which they are joined, and make the connecting stitches, which are few in number. These shoulder pieces may be omitted if preferred. The jacket is very pretty without them.

Girdle

A lace girdle to be worn with the jacket would be extremely effective. It should be a well-fitted pattern, curving down in front so that it looks almost like a shallow skirt yoke. It may be boned or made over a piece of the dress material. To be a success a dress girdle must fit perfectly, and in making a lace girdle, the surest way of obtaining a perfect fit is to make the front and back pieces entirely separate. Remove the pieces from the cambric and pin them in place about the waist. If there is a space between the two baste a piece of cambric under it and fill the space with a few scrolls of the wide braid. The opening should be at one side, just under the front piece.

Collar

A flat collar and turned-back cuffs made of heavy lace braid, and in pattern corresponding with the design shown, would make a very effective trimming for an evening coat, or would be a very excellent way to freshen up a cloth suit which has done duty in the spring and is again called upon in the autumn.



No. 11—Detail of the Irish Needle-Point Background Stitch

These lace garnitures make a charming trimming for a white cloth gown, and with a hat of the same lace, form a striking costume. Duchess braid may be employed to carry out the designs, and it is sometimes preferred because of its daintiness. This braid comes in a great variety of patterns, and may be obtained in white, cream and black. Some of the braids have scalloped or picot edges, and these serve admirably for the flower motifs, while for the scrolls a straight-edged braid would be better. The same stitches as for the heavy lace may be used, although in Duchess lace a greater variety of stitches are usually displayed.

The collar shown in illustration No. 12 is composed of figures in Irish crochet, joined in the process of working, or joined together by sewing. The back of the collar is in one piece, and fastened to the fronts at the shoulders. White Victoria crochet silk is used for the collar, of which it takes three spools.

Mode of Construction

Begin on the back part with the group of three wheels in the center, which are worked without cutting the thread until all three are done. Next work the wheel of eight rings on the right side, then the one on the left side; at this wheel do not cut the thread, but work the scallops that turn toward the inside. While working these, the bars that connect the wheels are also worked. Without cutting the thread, the roll sts (stitches), o 20 (twenty throw overs), are worked on the foundation chains of the scallops, and the outside row of scallops made at the same time. Next, separate rosettes are made, and joined with bars to two scallops, divided so that there will be five big scallops. After this the rings for each large scallop are half worked, and joined with bars to the rosettes, then finished in going back. All the rings are made over a lead pencil, or something that size, by winding eight times over. Two sizes of wheels are worked for each side—two of one size, that come to the shoulder, and one a trifle larger, below. These three wheels are joined together, then joined to the back part. Next, a round of 2 ch (chain) spaces are worked all around to where the collar joins on the shoulder. Over this work roll sts, o 20, with scallops of 8 ch filled with singles.

Detail will be given for the largest wheel, the next in size being the same, but with one scallop less in the center.

Detail for Wheel

Ch 4, and join.

First round—Ch 10 and 1 tr (treble) in the ring; then 5 ch and 1 tr in the ring four times. Join to the center of 10 ch with the last 5 ch.

Second round—On each 5 ch work a scallop of 10 st in this order: Beginning with ½ d c (double crochet) and increasing to 1 tr, o 3 (that is, the thread over three times), decreasing gradually in the same way to ½ d c. There must be 10 st on a scallop.

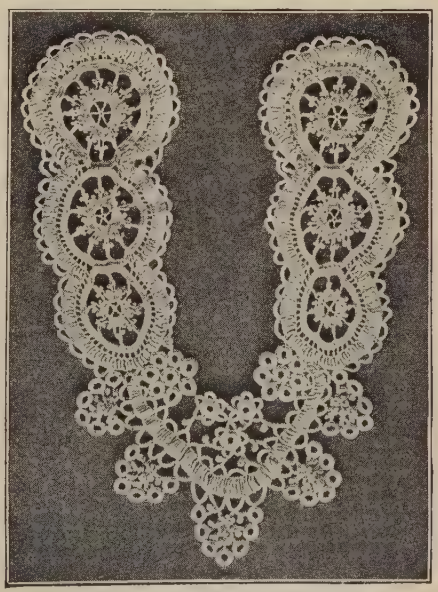
Third round—In this round twelve long bars with picots are made—one on the center of a scallop, and the next between scallops alternately. Begin at the joining to work up the scallop; make 3 s c (single crochet), then a 5 ch picot (for picot slip st into first of 5 ch), then 2 s c, and then the bar as follows: Ch 2, now 5 ch picot, now 5 ch; turn, and miss first ch st, and work 4 s c on next 4 ch; now 5 ch picot, now 2 ch. This finishes the bar. Next 2 s c on scallop, then a picot, next 3 s c. This fills the scallop. Now start the next bar. At the end fasten off or sl st (slip stitch) to the end of bar.

Fourth round—From one bar to the other, ch 11, and fasten with 1 s c.

Fifth round—Ch 1 and 1 s c in each stitch around; join to 1 ch.

Sixth round—Same as fifth round. If increases are necessary, make them.

In making the different wheels in the last row, join them together as far as necessary.



No. 12—Collar of Irish Relief Crochet

ITALIAN LACE EMBROIDERY

This pretty embroidery is very easy to do, and is extremely effective for the decoration of sachets, work bags, table centers, etc. As its name implies, it simulates lace.

You should always work this embroidery on satin or silk, preferably the former, and if the satin is thin, line it with muslin, taking care that there are no creases, and turning the edges of the muslin over the satin, to prevent fraying. For this purpose your muslin must be larger all around by half an inch than the satin.

Materials

The materials for this embroidery are the little cord-like silk seen in the illustrations—so much used in church work as to be easily obtainable—embroidery silk of the same color, and fine sewing silk to match. Use crewel needles for the embroidery and ordinary sharps for the fine silk.

The examples seen here were worked with filoselle instead of with the embroidery silk, but the latter has a rounder, consequently more lace like, appearance. However, if you prefer filoselle, use two threads only. These examples are worked in écru silk, white and black being the only other colors suitable for this embroidery.

The design should always be very clear indeed, with no leaves or branches interlacing. As will be seen in the illustrations, only certain lace-like designs are appropriate.

For pushing in the beginning and ending of the cord a large-eyed needle with a sharp point is required, care being taken that the eye is large enough to carry the cord easily. The same remark applies to the crewel needle. If it is not large enough the silk forms a knot at the eye, and you cannot work well.

Making the Flowers

Illustration No. 13 is a specimen of the work which enables you to judge very well of it. The work is done first, and then the outline is made by means of the cord. The stem is done entirely with the cord. The open spaces of the flowers are filled up differently—in one, raised wheels are worked; in the other, lines crossed and secured in the center with French knots between the lines are seen. The bud has small crosses in the empty spaces. Some of the circles which end the stems have lines taken across, and secured with a stitch in the middle; others have a cross and French knots, a cross and point sablé, etc.

Making the Leaves

This example is carried out on blue satin. The leaves have serrated edges. Up the center is a heavy vein done in satin stitch, and at each side project fine and heavy lines. In the second leaf a few French knots are introduced. These are done in filoselle or embroidery silk. You will notice that down one side are the light lines, and on the other the heavy.

Illustration No. 14 is an example worked on pink satin. Here no heavy veins are worked up the leaves. Many of the tendrils terminate in small round knots done with the cord, and the buds are left open.

No. 13—Lace Embroidery Showing Different Stitches

Explanation of Stitches

Now for an explanation of the stitches shown in illustration No. 15. In Fig. A you see how the side stitches which project from the satin center are done—they are simply slanting stitches. Do them all first, then work the satin-stitch center. In Fig. B it is clearly indicated how the heavier half of the leaves and petals of illustration No. 14 are done. Work sideways, bringing out the needle in the center and making the stitches at regular intervals. Keep the thread under the needle. The other side is done by single stitches, as seen in Fig. C.

The way in which to begin and end the cord is seen in Fig. D. Push your needle through when threaded with the cord, draw it out, leaving a small end of the cord, and sew down the latter with the fine sewing silk, making the stitches invisible.

Fig. E shows how the satin stitch is done. It should be worked either in embroidery silk or filoselle. The centers of some of the leaves are seen in Fig. F. Work across the line of the stem, and make the stitches all close together.

In Figs. G and H you will see how the lines are taken over to form wheels.

In Fig. I an ordinary wheel is shown.

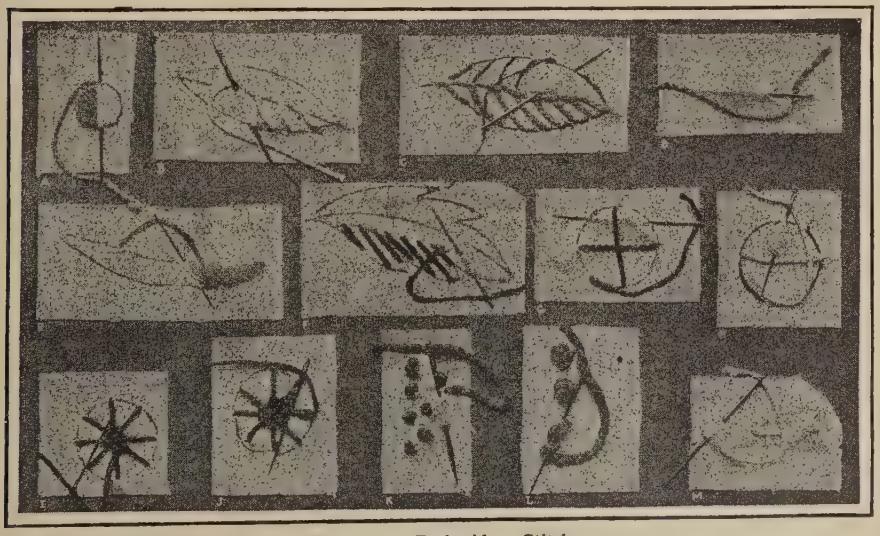
In Fig. J you will see a raised wheel. Here the needle is put back under two spokes, and drawn through.

Fig. K shows point sablé. This is done with the coarser silk, and is merely a small stitch taken at a very tiny angle and used intermediately.

French knots are seen in Fig. L. Bring the needle up, then twist the thread two or three times around it, and finally draw through and put the needle in again a little way beyond where it came out.

Fig. M shows how the small crosses are made that are seen in illustration No. 13.

No. 14—Lace Embroidery in One Stitch



No. 15—Lace Embroidery Stitches

JAPANESE EMBROIDERY

In embroidery for decorative purposes no nation in the world produces so exquisite and artistic effects as do the Japanese, who have carried to the highest degree of beauty the mingling of different designs of fine needlework into one perfect whole. A secret of the charm of needlework done by Oriental fingers lies in the fact that it offers variety, and therefore never wearies the eyes. A table centerpiece, for instance, will have perhaps a great wreath of iris embroidered upon it, daintily relieved by irregular figures of the finest drawn-thread lace in a solid pattern. No two blossoms or leaves in the whole design will be just exactly alike, and no two will occupy the same relative position.

These lovely Oriental embroideries come in faint, soft tints of yellow, lavender, pink and green for special occasions or for single decorative pieces, but the fashionable sets are white, while a pronounced vogue is enjoyed by ceramic-blue linen in two tints worked in white, or vice versa.

If you understand the ordinary long-and-short Kensington stitches, and know something of the patient weaving of designs in Mexican drawn work, you can do "Japanese" embroidery with just a word or two of instruction.

Materials

The best materials on which to work are Irish linen and coarse grass linen; but any material that has a strong enough thread to draw without breaking will do—canvas, for instance, or burlap.

No. 16—Rose Design, Showing Raised Embroidery and Fine Drawn Work

Pattern and Effect

Any pattern will serve, providing the embroidery is made to meet around the spaces to be drawn. To get the raised

effect of Japanese work, the design is first stitched solidly with coarse cotton —not outline, but all-over work—varying the thickness of the mass to bring about artistic effects in flowers and leaves. For example, the edges of the petals have a very heavy roll, while the work on leaf and flower centers is scattered or stitched in French knots.

To get the best effects a fine silk is used, and closely worked. This applies only to fine linen; for canvas or burlap the coarsest saddler's silk is best. When cotton thread is used it is much more sparely done, with less filling. After the embroidery is complete and the spaces entirely circled by some embroidery stitch, the threads are most carefully drawn, and one or a variety of drawn-work patterns worked in silk, linen or cotton, to match the flower embroidery.

There is scarcely any kind of decorative effects in fancy work where the "Japanese" embroidery cannot be artistically used. It is beautiful for table linen, bureau scarfs, sofa pillows, and even for dress trimming—yokes, collars, sashes, etc.—and it is as durable as it is pretty.

Rose Centerpiece

In the centerpiece, illustration No. 16, there is but one very fine drawn-work design, like a lace mesh. Where the

No. 17—Pillow Top in Hollyhocks Design

flower work does not entirely enclose a space, all that is necessary is to buttonhole a border, to hold the drawn-work threads.

Fine wash silks are used most effectively in this work. Embroider the rose design in Jacqueminot red, with leaves one shade of green, and all the silk in the drawn work pale green. Nothing richer could be designed than this "Japanese" embroidery in colors.

Pillow Tops

The exquisite art of the Japanese is also shown in the illustrations of pillow tops on this page. In the hollyhock design the petals of the flowers are in white, with centers of dark yellow. The stems and leaves are in light and dark brown, with the tracing of the petals in dark brown. The background is of light old gold, with the water shadings of turquoise blue.

The fighting cocks have heads in red, feathers in cream color and black, tails

No. 18—Pillow Top in "Fighting Cocks" Design

in dark and yellow brown, with flying feathers in the same shade. Their eyes are red, and their bills are yellow brown. For the background a light dove color may be used.

The color schemes are very beautiful, combining rich colors with an art that makes an harmonious whole, and gives the desired Oriental effect. The amount of work expended on the embroidery may be regulated by individual taste; solid embroidery may be used throughout the designs, or an outline stitch employed for the less important parts.

KOPJE KNOT

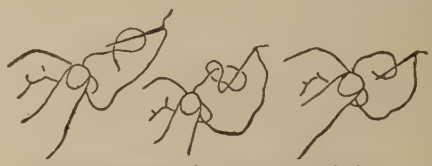
Whether the name of this novel embroidery is given to it because of its resemblance to "kopjes," or hills of South Africa, or because the Boer women so constantly wear the plaid aprons worked in the Russian or Romanoff cross stitch, it is hard to say; but though Romanoff is as much in vogue as before, this later work is quite as effective, and is so quickly done that it is a wonder some person had not thought of it long ago.

Materials

In the upholstery departments of all the shops is shown an evenly woven burlap which is firm and close, yet very smooth and very pliable. It comes in all the soft blues and greens, dull pinks, and in a deep écru which is especially effective worked in black or dark brown. The material comes fifty-four inches wide, varying in prices from fifty cents to a dollar a yard. A few yards of this material, a spool of heavy silk, like purse silk, and a rather large needle are all the materials necessary to make a number of useful articles with very little outlay of either time or money.

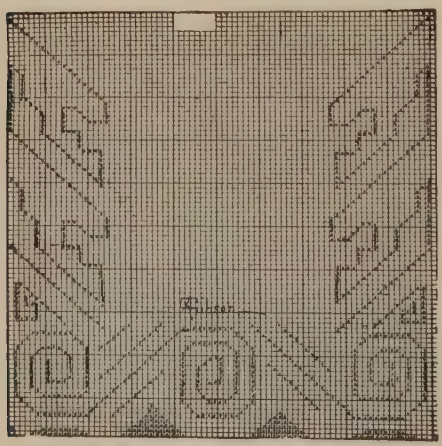
Making the Knot

Now, having the materials, we must learn to make a firm, close kopje knot, which is the only stitch used, and is very like the one used in the old ecclesiastical embroidery. To begin with, the needle must always be brought up in the lower right-hand corner of the square, and put down, after twisting the knot, in the upper left-hand corner. This will ensure even work, and the knots will then be all alike, making the whole design very firm, and with a decided raised effect on the right side when finished. After the thread



No. 19—Manner of Making a Kopje Knot

is twisted for the knot, and the point of the needle has been placed in the upper left-hand corner of the square, pull tightly the thread in the left hand, so that the knot is as close as can be before the needle is drawn all the way through the material. Be careful not to have the knots so large that they overlap the squares allotted to them, as in that case the entire effect will be lost, and it will become a meaningless design, instead of a finely dotted pattern, as it should be. As each square of burlap represents a corresponding square in the designs, there will be no difficulty in following the patterns illustrated.

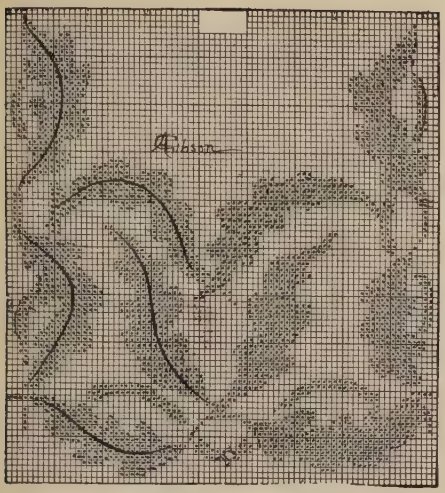


No. 20—Design for Work Bag

Work Bag

Having mastered the knot, suppose the first piece of embroidery is to be a work bag. Take a strip of burlap ten by twenty-eight inches, and folding evenly through the center, making each side ten by fourteen inches, work the design shown in illustration No. 20 on one-half, making the heavy points on the bottom of the design come on the fold of burlap, so that when the bag is finished there will be no seam at the lower part, where the strain will naturally be. Sew the bag to within three inches of the top, and slip into it a similar bag one-half inch smaller, but made of silk, and slip stitch the loose edges together. Three inches from the top of the bag make two rows of stitching three-fourths of an inch apart, as a casing for the ribbon strings, and a most useful and attractive bag is completed.

A very handsome design for a portière



No. 21—Design for Portiere

is shown in illustration No. 21, each leaf being shaded, as it were, with the knots on the two halves of the leaves of different tints. For instance, in a curtain of the pale terra cotta, the design may be used as a repeating border, the leaves worked in shades of olive green, fawn and brown, with an occasional touch of rich crimson, giving a wonderfully rich and Oriental effect. Or a dull pale blue worked in shades of deeper blue, or a grass green and black, would be good.

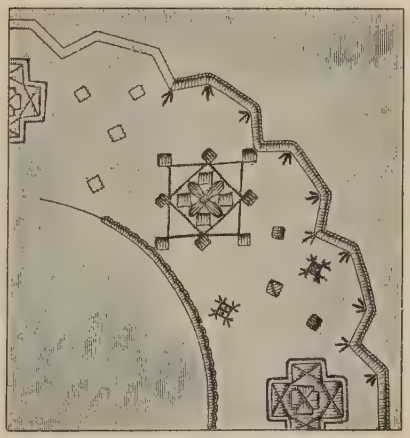
Many Uses of Kopje Knot

Many other uses for this work will doubtless suggest themselves to any one taking enough interest in it to apply other ideas, and they will be well repaid for any time and thought given to it; for the work will look well, no matter how long it is used, and if the knots are firm in the beginning, they will always remain so.

The kopje knot can be very easily mastered, and is readily adapted to dress garniture.

Mosaic Embroidery

A design of mosaic embroidery, which is an imitation of stained glass or mosaic work, is shown in illustration No. 22. If the light shades are used, the embroidery is very attractive. The centerpiece illustrated is outlined with black around the figures, and filled in with light blue, green, old rose, straw color, yellow and lavender in satin stitch worked over a filling of papier-maché cut to fit the design. When outlined in stem stitch done in black this gives a raised appearance to the figures similar to glass jewels, which is very effective and not difficult.



No. 22—Mosaic Embroidery

MOUNT MELLICK EMBROIDERY

Chafing-Dish Set

The grape design for a chafing-dish set shown in illustrations Nos. 23 and 24 will develop admirably in sateen jean, if procurable; or, lacking that, a heavy quality of round-thread art linen should be chosen. As no silks will endure the heroic treatment necessary to eradicate the stains that result when accidents occur, the preference should be given to cotton threads. The ideal nun's cotton, pearl luster, is a very satisfactory thread for this purpose, and is the nearest approach to that used in Ireland for this work.

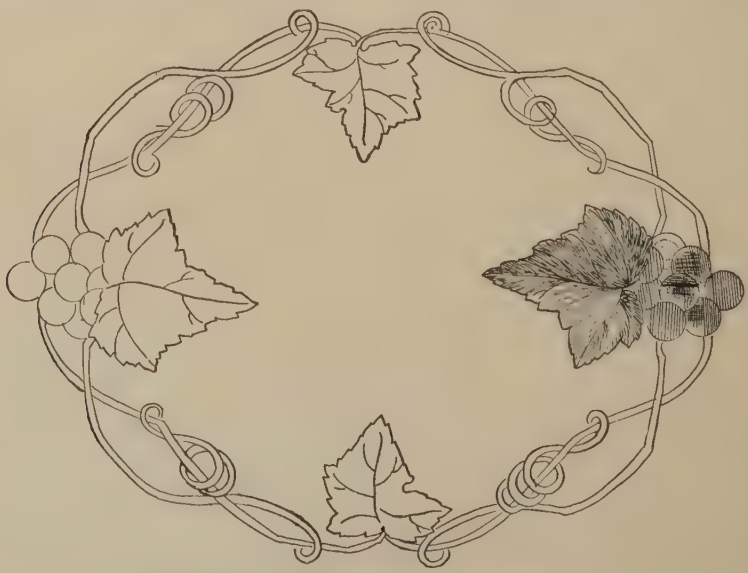
Treatment

Two methods of treatment are given: The more fanciful motif of varied stitches prevalent in this country, and the heavy, raised work of the typical Irish embroidery. Preference should be given to the last, as an exceedingly durable and rich piece of work will result from its use, that may be laundered, boiled and bleached and still retain its beauty for years.

No. 23—Pepper and Salt Mat—Concord Grape Design

In using the raised satin stitch, the grapes must be padded with two or three layers of stitches of soft knitting cotton, each laid in opposite direction to the stitches in the preceding row. This may best be accomplished by marking on the pattern three graduated circles, the last lying well inside the outline of the grape—three if the grapes are to be large and prominent, and two if small, in the back of the bunch, or overlapped or cut off by another grape. Work over each outline in satin stitch, laying the threads of each layer in opposite directions and keeping the outline round and even. The greatest care should be given that the last series of stitches—the embroidery proper—should be perfectly true and even on the edges, as no outlining is required or desirable here. That the modeling of the bunch of grapes may be as symmetrical as possible, the grapes on the edge should be less heavily padded than those in the center of the bunch—two rows of padding threads being sufficient.

To carry out the rich, heavy effect, the leaves should be worked solidly in Kensington stitch, the modeling of the leaf following as indicated by the line of the veins. This modeling is most impor-



No. 24—Chafing-Dish Mat Showing Outline and Solid Stitch Work

tant in white embroidery, as by skilful handling it gives much of the value of color shading. When the work is done in silks, Roman floss or similar threads should be used for this part of the work, as the twisted threads do not give good effects in Kensington stitch. The outline of each piece is formed by the vine, which is worked in buttonhole stitch over long stitches of cotton to give a raised satin-stitch effect.

Stitches in Detail

Illustration No. 25 shows a portion of the design filled in with the fancy stitches. The edges of the left-hand leaf are finished with a fourth-of-an-inch row of long-and-short stitch, the veins in one case being indicated by a double row of bullion stitch executed in wheat head effect, a single row of darning stitch defining the sections of the leaf. The right-hand leaf has a similar effect achieved by the use of birds' eyes connected by a single row of chain stitch. Four rows of darning stitch mark the divisions of this leaf. The center leaf is developed in long-and-short stitches, feather and honey-comb stitches.

The grapes show some pretty effects of straight and diamond couching. The first has threads laid from side to side in clusters of three, couched down by stitches taken squarely across at right angles and an equal distance apart. The space between the rows of couching has a row of tiny seed stitches. The diamond couching is easily produced by taking a series of short back stitches on alternate sides of the grape, the crossing of the threads being caught down with a short straight stitch. Queen Anne stitch appears in another grape, and is made by laying a series of parallel threads side by side, but not quite touching, to cover the surface of the grape, and interweaving a second series of threads through these by taking up every other thread, these stitches being skipped in the succeeding row and the discarded ones lifted.

The ever-useful spider web fills still another grape, while darning stitch taken straight across and in decreasing spirals is used with good effect. Twisted bars and a lace stitch complete the examples given. The last stitch is a simple buttonhole worked on the surface from left to right, the threads being brought across on the under side from right to left for each row of stitches.

No. 25—Grape Design Showing Different Mount Mellick Stitches in Detail

SHADOW EMBROIDERY

The stitches employed in the make-up of shadow embroidery are very simple, yet it is a style of work which is frequently mistreated, partly because of a selection of the wrong working thread, and partly because of the allowance of too long spaces between the stitches. The stitch employed is the herring-bone stitch, but its monotony is varied by combining it with French knots and eyelets.

This style of work is, of course, suitable for work on thin material only. The working thread should be soft and quite coarse. Letter D is a desirable size. The design is stamped on the wrong side of the material, and the herring-bone stitch is

worked on this side. Just a word here as to the process of stamping on sheer material. Only a very little oil should be

No. 26—Detail of Shadow Embroidery

used, as too much causes the lines to spread on the thin material. Some people stamp the pattern on cambric and baste the material over it. The lines of the pattern show through plainly. (If this plan is followed, care should be taken that the needle does not catch in the cambric.) The needle is entered in the exact point of the leaf the thread drawn through nearly to its end and held down with the left thumb. A small forward stitch on the line of stamping is then taken on the left side. The needle is again placed in the point of the leaf, and a small forward stitch taken in the line at the right of the leaf. The thread is crossed again to the left, and a stitch taken just at the end of the last stitch, and so on. These little stitches must be of exactly the same size, and must accurately follow the lines of the stamping. A small, worked detail shows the correct placing of the stitches. Notice that the stitches are taken as close together as possible in order to produce the raised effect. If the stitches are not closely placed the result is a pattern lacking in character.

The single lines of the pattern should be back stitched.

Bedroom Set

The bedroom set in shadow work consists of pincushion, bureau scarf, pillow sham and bed spread. The pincushion and pillow sham are shown in illustrations Nos. 27 and 28. The same design is carried out on the other two articles.

No. 27—Pincushion in Shadow Work

Materials

The materials employed in making this bedroom set are sheer India lawn and Valenciennes lace edge and insertion. The covers are used over colored linings, or the entire set may be made up in colored lawn, with white embroidery, and used over white linings. The shadowy work must be done with a soft thick cotton, and the stitches must be small and close together, so that the under side will be almost like solid embroidery. The scrolls

Bureau Scarf

The bureau scarf has embroidery on the sides and front, and the insertion is set in above the hem, as shown in the illustration of the pillow sham.

Pillow Sham

Illustration No. 28 shows the effectiveness of the decoration. If a single long sham is preferred to the double sham, it may be made with a strip of the wide in-

No. 28—Pillow Sham

are outlined with coarse thread and the outline stitches must be short, each stitch taken back into the preceding one. The centers of the flowers are large French knots grouped closely together.

Pincushion

The pincushion as shown in the illustration has a lace-trimmed ruffle, which is joined to the top of the cushion by beading and ribbon.

sertion running through the center, the design curving off from either side of it.

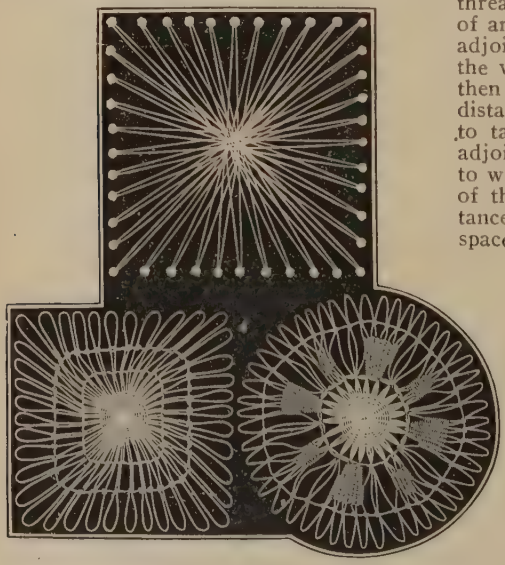
Bed Spread

The bed spread which completes the set is made of three lengths of lawn joined together with insertion. The decoration starts at the center at a point covered by the shams, and extends down over half the length of the spread. A few clusters of flowers decorate the side pieces.

TENERIFFE LACE

It is true that tablets upon which to construct Teneriffe medallions of various sizes and shapes are sold by dealers in fancy goods, but these are not a necessary adjunct, by any means, to the making of Teneriffe lace. Any pincushion somewhat larger than the size desired for the finished medallion will answer. No. 60 white thread is usually sufficiently fine, but the thread must be suitable for such material as the medallions are to adorn.

The Teneriffe square shown in illustration No. 29 is of the most simple character. Forty pins are thrust into a pincushion in the form of a square almost two inches across, ten to each side, at equal distance apart. Use short pins, and push them in almost to the head, and place one at the center, also. Now, without breaking the thread from the spool, secure one end about the central pin, and then around one of the corner pins. Now carry it around the pin adjoining the corner diagonally opposite, back to the second from the other corner, and so on, as shown in the diagram, until spokes are formed in every direction by wrapping the thread around all the pins. Always carry the thread around the pin toward the one preceding, as this prevents the spokes from twisting. When all the spokes are in place, break the thread sufficiently long to be convenient in working, thread it into a medium-sized needle, and knot it securely about the spokes at the center, drawing them all together, being careful to catch the first end of the thread where it is fastened about the central pin. After all the spokes are caught together, remove the central pin, and weave the thread in and out of the spokes, as in darning, until the round has been made six or eight times. Now carry the thread out along one of the spokes for one-fourth of an inch, knot it, and proceed around the square, knotting the thread about each spoke. With the thread carried out still further along the spokes a second row is knotted, the three central spokes at each side being knotted each to itself, while all at the corners are divided, the half of one spoke being knotted with the adjoining half of the next one.



No. 29—Teneriffe Lace

The wheel shown is more intricate, and requires a little more time in its construction. Forty-eight pins are set to form a circle two inches in diameter, and one placed in the center, as before. The spokes are then arranged, and the center woven about as in the square. The thread is then carried out for one-fourth of an inch on one of the spokes, and two adjoining spokes are knotted together all the way around. The largest designs are then woven on four spokes for a short distance, the weaving then being widened to take in the nearest half of the spoke adjoining either side, and continued thus to within half an inch of the pins. Four of these designs are placed at equal distances apart, and a smaller one fills the space between in each instance. To make this the thread is carried out a short distance from the knotted row, and is woven about four spokes for one-fourth of an inch, then about the two central ones, and is completed by dropping the outer halves of these spokes, and weaving only on the two remaining threads for an equal distance. A row is now knotted all around the wheel midway between the woven devices and the pins, one-half of each spoke being joined to the nearest half of the next one.

PILLOWS

Until recently we have been accustomed to think of the wash pillow as an article of utility only, and not much attention has been given to its make-up. We are now just beginning to realize what a dainty and really exquisite affair it may be, fashioned from the wealth of material at hand in these days, when pretty wash fabrics are at their height.

There is a great deal of satisfaction to be derived from working with materials that will stand laundering, and of such durability that they will retain their freshness and beauty for years. Never has there been a time when such a variety of material and so many styles of decoration have been offered for pillow making. Some of the pillows are very elaborate, showing a wealth of hand work, but it is the more simple ones that are, after all, the most effective.

Of course, wash pillow slips are so made that they may be readily removed for laundering. This is usually arranged for by having the pillow back made in two pieces, which are buttoned together, or tied together with tape; or sometimes one side of the pillow is left open, and this is buttoned to the front piece, on the under side of which the buttons are sewed. Then, again, back and front are made entirely separate, each with finished edges, and laced together with cord or ribbon run through buttonholed eyelets or slashes. If one prefers a cord for an edge finish, there is a white mercerized cord which is washable. For the so-called lingerie pillow—and this name is applied to the pillow made of thin material, such as lawn, muslin, etc.—a ruffle seems to be a suitable finish, as it is quite in keeping with the whole dainty effect of the pillow. These ruffles may be made as simple or as elaborate as one chooses. Some are hemstitched, others are lace trimmed. A tucked ruffle is always effective, and very

No. 30—Lingerie Pillow for Baby Carriage

neat and simple to make is one with a feather-stitched hem.

Another way of finishing a slip is to hem both back and front, the hem being made about one and one-fourth inches deep. The two pieces are then stitched together along the line of the top of the hem. Feather stitching may here be used instead of plain stitching. The slip is to be left open along one side, where it is buttoned together.

The materials most used for the wash pillows are linen and cotton lawns, linens in white or colors, chambrays, muslins and batiste. Huckaback is also very serviceable, and excellent effects are obtained in darning patterns on this material. Of course these huckaback slips are not nearly so new as are the covers made of embroidered lawn, etc., but the work is simple and quite fascinating, and many people who do not care to undertake embroidery enjoy the darning stitch. Another effective material for pillows is pongee silk, and here very beautiful color effects may be obtained. Colored pongees are embroidered with white, and on the natural pongee the work is sometimes done in colors. Colored work is indeed very effective, but for a really serviceable and practical pillow the all-white or the natural linen-colored work takes precedence.

Quite a little variety is shown in the shapes of pillows. The square pillow is always a favorite, but a little newer is the slightly oblong pillow. Circular pillows are occasionally seen, and these, while a little more difficult to make, afford a pleasing variety. A pillow especially suitable for a couch is one made in oblong shape, its length being the same as the width of the couch. These oblong pillows look well in window seats, also. A good rule to follow when buying pillows is always to have the pillow at least two inches larger than the cover, which it will then nicely fill. Unless a pillow be well filled, the work on it does not show to good advantage, and its comfort is greatly lessened.

It is surprising how many materials are brought into use for pillow making, and what charming effects are often obtained with but little work.

A pillow of fine handkerchief linen finished with a deep ruffle is very dainty. In one corner of the pillow the owner's monogram or the single initial is worked in large, highly padded letters. This solid lettering shows in all its beauty when worked on sheer material.

Very pretty effects are obtained by the use of tucking as a decoration on thin lawn. Sometimes the tucks form a square, at other times they run diagonally. Machine tucking may be used, the work thus being made easy, though of course nothing is as desirable as hand work. Rows of muslin or lace insertion may be used in the same manner. The rows of lace may be feather stitched in place, and between the rows solid dots may be used. A pretty finish on a ruffled pillow is a line of feather stitching worked over joining of ruffle and pillow.

On many of the white linen pillows Mexican drawn work is shown, and the work may be as simple or as elaborate as one chooses. Two lines of drawn work, forming a square, with a little elaboration at each corner, make a simple but pleasing decoration. This drawn work is particularly effective when done on heavy écru linen or crash.

No. 31—Pillow in Wallachian Embroidery

Pillow for Baby Carriage

Something very pretty is the combining of long-and-short stitch and shadow embroidery on the carriage pillow shown in illus-

tration No. 30. The material used is fine India lawn. The tiny roses are worked in long-and-short stitch, with centers of French knots, and the ribbons are worked in shadow embroidery. The work shows, of course, to best advantage when a colored under slip is used. If one cares to introduce a little color, the roses may be worked in light pink, and the ribbons in blue. If color be used, the embroidery should be done in cotton, that laundering may be made possible. It would be an extremely pretty idea to make a carriage cover of lawn to match the pillow, and the two would make attractive carriage furnishings. The working material is a soft thread, two strands of which are used for the long-and-short stitch, and four for the shadow work.

Pillow in Outline Stitch

A pretty and effective cushion is made of brown linen in outline stitch. While apparently this is a very simple stitch, it is often incorrectly worked. It should have almost the effect of a cord, but sometimes we see only a rough straggling line of no definite shape. To produce the right effect, it is worked as follows: Having made a start in the usual manner, keep your thread downward under the left thumb and above the needle. Then take up with the needle about one-eighth of an inch of the stuff, and bring it out through the hole made in starting the stitch. This gives the first half-stitch. Proceed in the same way, taking each stitch back into the hole made by the preceding stitch. The back of the work should look like back stitch.

Pillow in Wallachian Embroidery

The effective cushion shown in illustration No. 31 is worked on gray crash in shades of green and brown, the popular Wallachian stitch being used. The rings at the center of the flowers are in brown, and the radiating petals in two shades of green, the lighter green being used in the shorter parts.

This popular style of needlework is simple, but almost more effective than any other embroidery. Buttonholing and outline stitch are worked in very heavy thread. Buttonholed eyelets are a distinctive feature of this embroidery. Occasionally a little padding is used to make the work stand out, but this is not often necessary, as the embroidery thread is in itself quite heavy. The effectiveness of the Wallachian embroidery depends largely on the correct slant of the stitches.

No. 32—Huckaback Cushion

Huckaback Cushion

The darning stitch is used on the huckaback cushion, illustration No. 32. The beauty of this work depends mainly upon a careful selection of colors. An unusually good combination of bluish green and dull red is here used. The shape is slightly oblong. Notice how the edge is finished, the material being turned in, back and front basted together, the edges then buttonholed, first with the red, the stitches being taken about one-fourth of an inch apart, and then with the green, the green stitches being placed close to the red ones and made half as long. Some will prefer to use the linen huckaback, while others may wish to make a more inexpensive pillow by using the cotton. If huckaback by the yard cannot be obtained, a pair of towels will answer

No. 33—Detail of the Rose Design

the purpose. In stamping, care must be taken to place the pattern perfectly straight on the material.

Pillow in Appliqué

For cushions appliqué offers most novel and attractive ideas. The simplicity of the work makes it a pleasure. No great amount of skill or practice is necessary before commencing it, and the work progresses very rapidly. It requires little material, and on the whole is a most practical and durable style of embroidery.

It is the kind of embroidery in which more is made of the stuff than of the stitching. Its chief beauty is its depth of color and the contrast of solid colors one upon another. In the earliest appliqué work we find mostly strictly conventional designs in which a couched cord is used to outline the pattern, at the same time covering the raw edge of the onlay. No other stitching appears.

A firm outline is a condition of appliqué, and much depends on a tactful choice of color for it. You thicken a pattern by outlining it with a color which goes with it, and you thin it by one which goes into the ground. Very often a double outline is brought into use. This gives emphasis to the design. A gold cord used outside the colored outline is most attractive.

Later work in appliqué shows less conventional designs, and these of course call for a less severe treatment. Long-and-short stitch takes the place of the couching, thus softening the lines of the design and giving variations in shading. Occasionally fancy stitching is introduced; but this must be done with caution, always remembering that the breadth of the surface color is the beauty of the work. As a rule, aside from the long-and-short stitch, a few simple outlines are all that are necessary to bring out the pattern.

Appliqué is judged by its effect, and is not a style of embroidery in which the stitching is to be examined and criticized. That is only a secondary matter.

Rose Cushion

The design of roses may be used on a square cushion as suggested by the model, illustration No. 34, or it is especially well

No. 34—A Rose Cushion of Pink and Green

adapted to a round cushion. The roses are of pink linen, and are worked in three shades of pink. The centers are worked in green and black, rather an unusual color scheme for rose centers, but in this instance a most pleasing one. The scroll lines are outlined with black rope silk. This pattern requires twelve skeins of silk —three skeins of light pink, two skeins of medium, two skeins of dark, one skein of green Turkish floss and four skeins of black rope silk.

Cord is generally recognized as the best finish for this style of cushion. Occasionally we find the ruffled cushions, and ribbon ruffles are very pretty, but for every-day use the cord is the most satisfactory finish.

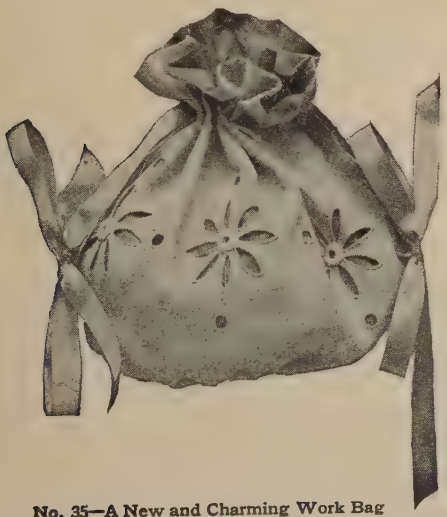
BAGS

Even if the subject of bag making is not a new one, and this is an undeniable fact, still it is fascinating to every woman. For this reason, perhaps, no season passes without an abundance of new ideas in bags, either of shape, fabric or fittings.

Hand embroidery, to be found on everything, from a lingerie hat to a dainty slipper, is the chief aid to the designer of fancy bags. It is the variety of embroidery and designs and in coloring rather than the actual fashioning of the bags that gives us such an alluring display to choose from.

Work Bag

Illustration No. 35 is of an attractive work bag made of light écru crash. The cut-work figures are worked with cotton the exact shade of the crash, and at their centers are écru rings, under which eyelets are made. The bag has a lining of Yale blue silk, and ribbon ties of the same color are run through buttonholed slashes. The lining is in two parts—a facing for the heading, and a lining for the bag, leaving an unlined space about half an inch wide where the slashes are worked and the ribbons run through. If one does not care to work the openings, two lines of stitching may hold the ribbons. This same design may be carried out in solid embroidery with colored cottons. Rings buttonholed over with green cotton for the figure centers, the surrounding parts red and the dots blue—every part of the embroidery outlined with black—the lining and ties of green, will form a good combination of colors.



No. 35—A New and Charming Work Bag

No. 36—Bag of Battenberg Lace

Bag of Battenberg Lace

Illustration No. 36 is a bag of cream Battenberg lace over turquoise-blue panne velvet, lined with cream Louisine. Rich

No. 37—An Embroidered Linen Bag

cream-colored Louisine forms the lining, and the deep puff at the top, which is caught down with bands of turquoise-blue velvet. The drawing strings also are of cream-colored grosgrain ribbon. Both sides of the bag are alike. The lace covering is made on a cambric pattern, and applied on the foundation bag when finished. Russian, tied net and rosette are the only stitches called for in this design besides the buttonhole bars.

Linen Bag

A little linen bag to be slipped over the belt and worn at the side is a novel and most useful accessory to a white linen suit. The top of the bag shown in illustration No. 37 is finished with a deep hemstitched hem. It is held in shape by pieces of whalebone, which are run through casings made on the under side of the hem. These bags should be made of the suit material. A bag of this size is a convenient article to possess even if one does not wear it. It may be used as a needle-and-thread bag when traveling. In this case it will require a gathering thread. It may be made in a larger size, lined with rubber, and used for a sponge bag. The last would be very pretty made of blue or pink linen. The chief recommendation of a linen bag is the fact that it may be easily laundered, and for this reason it is of practical use when traveling.

Handkerchief Bag

An exquisite little bag which will hold a dainty handkerchief as well as one's small change is shown in illustration No. 38. It is made by cutting four heart-shaped pieces of very thin cardboard, which are neatly covered with light blue silk. Upon two of these pieces artificial forget-me-nots are then sewed. The

No. 38—Forget-Me-Not Heart Bag

flowers are easily pulled from their stems after cutting off the yellow centers, and in sewing them to the foundation a gold bead is used in the center of each flower. They are sewed on very close together

No. 39—Twine Bag

and quite flat. Each flower-covered heart is then overhanded to a plain heart, making two parts, which form the back and front of the purse. These parts are loosely fagoted together by a thread strung with gold beads. The chain from which the purse is suspended is made by spangling three yards of narrow white ribbon with forget-me-nots, and then overhanding the ribbon together, making a necklace one and one-half yards long.

Twine Bag

The twine bag is both useful and pretty. A decidedly attractive one, shown in illustration No. 39 is of brown linen of a soft shade, which sets off the gay red and green of the embroidery. The ovals in the design are red, and the oblong parts green, while the straight lines are outlined with black.

A straight strip of linen is used for this bag. The top is finished with a deep heading, and a casing through which ribbon ties are run. The bottom is gathered and sewed over and over to a small wire ring, through which the twine is drawn out.

The bag is rounded out by a fat ball of twine, which should be red or green in color to harmonize with the embroidery.

Laundry Bag

A bag for soiled linen is an indispensable article. For the one illustrated, No. 40, a sixty-inch strip of blue denim seven-

No. 40—Laundry Bag

teen inches wide, or two pieces thirty inches long and seventeen wide, is required. A spray design of poinsettias is painted and embroidered in long-and-

short stitch on one side—the flowers in a beautiful shade of red Roman floss, the leaves in green, and the stems in brown.

Turn over both sides of the top three inches, sew up the ends, baste the two ends together, and stitch a casing wide enough to allow a flat stick, such as is used in the hem of blinds, to be inserted. This gives a firmness to the bag and keeps it in shape. Allow a ten-inch opening from the casing down on the right side, bind with red ribbon, make a hanger of a two-inch red ribbon and ornament with a bow at each end.

NOVELTIES

No. 41—Hat-Pin Holder

This convenient little receptacle for hat pins is crocheted of heavy white silk. The body is made of a roll of thin cardboard. A narrow white ribbon tied around the center, and a tiny bow of the same at the bottom, give a very pretty finish, and a hanger of ribbon fastens it to the wall. Any girl who has spoiled the appearance of her pretty pincushion by sticking hat pins in it, or has deposited them elsewhere about the house only to lose them, will appreciate this little convenience.

Her favorite flower as the decoration for her pincushion is what any woman can have these days. This pincushion, illustration No. 42, is in the form of a sack, and is covered with pink satin. As a finish for the top satin ribbon is used,

No. 42—Pincushion

No. 43—Sachet for the Baby

forming two wild roses. The petals are tinted so that they look exactly like the natural flowers. The stamens are taken from artificial roses.

No. 44—Baby's Rattle

The little heart-shaped sachet makes an inexpensive and dainty accessory to baby's hamper. This is made of lawn, decorated with French embroidery and lace trimmed. Inside the lawn case is one made of col-

No. 45—Pincushion, Scissors and Emery

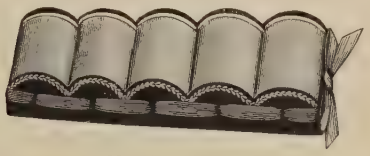
ored silk, which holds the sachet powder thickly sprinkled on wadding.

Baby's Rattle

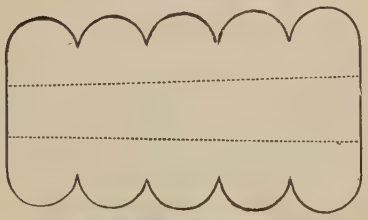
For the amusement of the small monarch of the household what can be more attractive than a bright, noisy rattle?

No. 46—Needle Books

Who would imagine a plain little embroidery hoop could be put to such a use? All that is required for the rattle shown in illustration No. 44 is five yards of colored ribbon—blue, pink or red or a combination of colors—wrapped closely over the hoop, and crossed six times over the diameter in fan shape. On the broad part of the fan, on the wooden ring, sew six small bells that will jingle. Finish the other end with a pretty bow of the ribbon, and it is ready to be presented to his lordship.



No. 47—Spool Case



No. 48—Sewing Catch-All

Very useful to the woman who sews would be this attractive little novelty, consisting of pincushion, scissors and emery. The cushion is covered with bright red velvet; the emery is also red, while the ribbons are in a pretty shade of green.

The needle books, of which several patterns are given in illustration No. 46, are embroidered on white linen, the linen then being mounted on heart-shaped pieces of cardboard that are first covered with wadding. Similar pieces of very thin

cardboard are covered with a layer of wadding and delicate colored silk to match the embroidery, and overhanded to the outside pieces with silk of the same shade. Three pieces of inch-wide ribbon a little over a quarter of a yard long are sewed to the top and point of each piece, to tie the book together. Three or more heart-shaped pieces somewhat smaller than the covers are cut from fine white silk flannel and pinked on the edges and fastened to the inside of the back cover with a few feather stitches in one of the colors of the embroidery or the shade of the lining.

For the spool case shown in illustration No. 47, cut from bronze leather one piece the shape of the diagram, line with brown or colored silk, neatly bind the scallops with brown binding ribbon of the same shade, punch holes in each scallop, lace back and forth through eyelets and spools with satin ribbon of the same shade of brown, and tie in a small bow at the end.

The sewing catch-all, illustration No. 48, is made in the form of a little scrap basket. It is covered with a pretty flowered cretonne. A pincushion, a button bag and a needle case are fastened one on each side, while ribbons trim the remaining side.

KNITTING AND CROCHETING

Knitted Shawl

In planning a knitted shawl, especially if it is of the scarf shape, a choice of stitch is difficult, so many are those that are considered suitable. A few years ago this was not so, making a knitted scarf shawl implied using big wooden needles, double Shetland floss and the plain garter stitch. But such a shawl no longer is made with frequency, for experience has taught that Shetland floss used alone in a loosely knitted article stretches out of shape after a little wear.

Yet the shawl had excellent points: It was cozy and becoming, and of simple construction; and so it still lives in an evoluted state, made as before, but of one thread of Shetland floss and the other of mercerized cotton or silk, which not only adds a silken sheen to a fabric already lovely, but induces shapeliness as well.

In knitting a scarf shawl the width may be at one's pleasure. Some prefer a shawl fully a yard wide, but to most persons three fourths of a yard seems a less bulky and more graceful width. The choice of length is from one and one-half to two yards, the best lying midway between the two.

The Simplest Stitch for Shawls

In making a garter-stitch shawl it is best to use wooden needles of the largest size procurable, and to do the work loosely enough to have the stitches slip easily, particularly in the casting-on row. From seventy-five to one hundred stitches are cast on (for the width), the exact number to be determined by first knitting a small square. After that it is a mere matter of knitting plain for the length one wishes.

If silk or mercerized cotton does not seem desirable as the second thread of the shawl, one of the fine hard-twisted wools may be substituted—Shetland wool, three-fold Saxony yarn, or fleur-de-lis. They have the same effect upon the shape without even slightly destroying the woolly surface which some prefer. Of course there are many stitches in which the large wooden needles are used, but space does not permit our giving more than the best of them.

A Simple and Pretty Stitch

The herring bone is simple and has a pretty, open effect, while its knotted quality (if it may be so called) makes it commendable as a stitch likely to be shapely even after a time. It is made as follows:

Cast on some multiple of two, plus one.

First row—Knit one, *throw the thread over the needle, knit two together, and repeat from *. Repeat the first row for the length of the shawl, then bind off.

The Looped Stitch

The looped stitch is similar to the herring bone. It is rather more fluffy in appearance, less open and knotted, and perhaps more susceptible to stretching, but on the whole as lovely or even lovelier than the latter.

Cast on as with the herring-bone stitch.

First row—Slip one as though to purl,

*thread twice over needle, purl two together, and repeat from *. It will be seen that in purling the two stitches together the second loop thrown over the needle will drop off, leaving but one extra stitch. This is as it should be. As with the herring bone, the second row of the looped stitch is repeated throughout the shawl.

No. 52—Shawl in Knitted Picot Stitch

The Picot Stitch

Another new stitch is called the knitted picot stitch, because of the delicious little loops that ever appear upon each tiny bar of the pattern. It is used in the finished shawl shown in illustration No. 52. Here are combined Shetland wool and Shetland floss—the former in cream white, the latter in one of those delicate shades which reach their highest beauty tones in Shetland floss. The finished fabric is tight and firm, not lacking in the soft fluffy characteristics essential to the successful shawl stitch, yet almost without give and wholly without any tendency to stretch. The knitted picot stitch was an altogether happy discovery.

Nor is the texture of the stitch the sole reason for this, although it is largely responsible. In this shawl rather smaller needles are used than for the stitches of which we have spoken hitherto—the largest size of the rubber variety. Wooden needles of the same size might be taken, but the reader is advised against them, since wood of that thickness is almost too slight to stand the weight of the work and the pressure which even an expert knitter would put upon it, and is too apt to break just at the moment when one is anxious to work and cannot get to the shop for a new pair.

Directions for Knitting the Picot Stitch

For the shawl displayed in illustration No. 52 ninety-four stitches were cast on and one row knit plain.

Second row—*Knit together two stitches, and without slipping them from the needle knit them together again upon the back thread. This gives two stitches upon the right needle for two stitches upon the left. Repeat from * throughout the shawl, which, when complete, is one and three-fourths yards long and twenty-seven inches wide. The ends of the shawl are finished with a crocheted fringe made loosely with a large crochet needle. A single crochet stitch catches the wool in the end (we are assuming our readers know the simple crochet stitches), ten chains are made, then another single crochet in the next stitch. Both ends are worked in this way.

To make the shawl one wants rather less than three-fourths of a pound of Shetland floss and about three or four ounces of the Shetland wool. It is impossible to give definite quantities, since the amount of yards to the ounce vary in the different makes.

Finish for Scarf Shawls

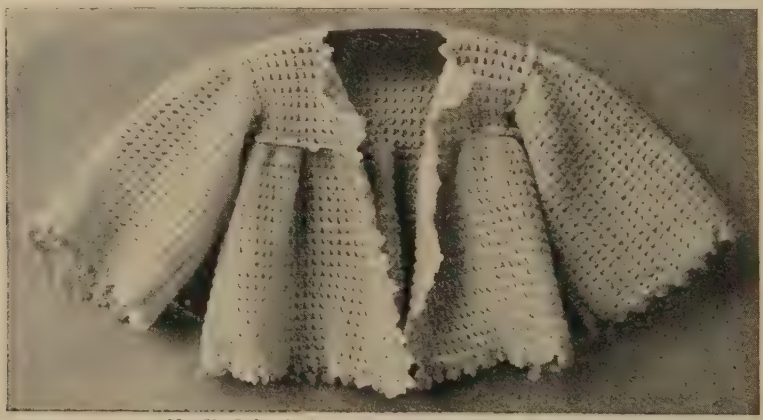
Mention of the fringe upon the ends of the shawl just described naturally brings up the question of the best finishes for knitted scarf shawls as a class. Many borders are used, shell patterns, scallops and others in endless variety, but the artistic instinct discards them all in

favor of fringe. Centuries ago the latter was added as the final touch, and time has taught that it is not unworthy, nor have we found a finish with more fulness of beauty or less lacking in that awkward quality of so many badly knitted articles.

Infant's Jacket

Not only is the infant's jacket shown in illustration No. 53 of novel design, but it presents, as well, a new method of working. It is made of the finest, softest wool procurable—zephyr Shetland—and is as dainty as heart could wish. A small bone needle is employed, and the resulting stitch is close and firm in spite of its delicacy. Of the wool one needs about two ounces.

The jacket is begun with a chain extending from the wrist of one arm up to the shoulder, across the back, and down



No. 53—Infant's Jacket Finished in Clover Scallop

to the wrist of the other arm. In a year-old size this chain is thirty inches long, and is worked closely enough to contain one hundred and sixty-five stitches. Skip the first chain (for turning), and in each of the others make one single crochet.

The second row is in auto stitch, and is worked by pulling up the loop on needle rather high, having first turned the work. Put the wool over the needle and take up a loop in the second stitch of first row, lifting it on the double thread. Wool over needle and through all three loops on needle. Chain one. The first cluster of the auto stitch has been made. * Take up a loop in next stitch (but do not throw the thread over the needle before doing so), wool over needle and a loop in the next stitch. There will be four loops on the needle. Pull wool through and chain one.

Repeat from *along the row. The first and second rows form the stitch pattern.

No matter what the size, the length of the row may be divided into three equal parts. Mark each division. The center is reserved for the back of the jacket, the two outer portions for the sleeves.

Third row—Turn, make one single crochet in each stitch of second row until the first division mark is reached, turn there, and work back in auto stitch. The first of the extra fulness for the sleeve has been introduced.

Fifth row—Work in single crochet the entire way across, taking care that the row contains the same number of stitches as the first row.

Sixth row—Work in auto stitch to first division, mark, turn, and work back in single crochet. Two short rows for the second sleeve have been made.

Seventh row—Work in auto stitch the entire way across, then repeat from the beginning of the third row until the center division (that intended for the back) is twenty-one rows deep. The last row will be in single crochet. Fasten off.

Turn the work and begin again at one end of the center division. Work in auto stitch but take up the two loops for each cluster in the same stitch, so that when finished the row will be twice as wide as the same portion of the row preceding it. This is to provide the necessary fulness for the lower part of the jacket. Now

work in the two pattern rows (without increasing) until lower back has forty rows.

Go back to the foundation chain, and on the other side of it make the fronts and front portion of the sleeves. Start at the end of the first row. Work in auto stitch along the first division (the sleeve), and at the end of it turn and single crochet to beginning.

Third row—In auto stitch along the row, then along the foundation chain (above the back) until nine clusters have been made. This is the first shoulder row. Turn, and single crochet to bottom of sleeve.

Repeat from beginning until the shoulder is six rows deep. At the end of the last row temporarily drop the loop from the needle, tie another end of wool to the front stitch made on last row, chain enough to give a length, adding shoulder to chain, equal to half the width of the back. When the chain is finished, once more take the dropped loop upon the needle, and proceed as usual, working along the chain, as well as along the sleeve and shoulder. Continue in this way until the front yoke, counting from the chain, is twenty rows deep, then make the increased row and thirty-nine rows more, as with back.

The second front is made like this one, but there the long row in auto stitch comes first and begins at the neck end instead of at the wrist. When it is finished the clover scallop is worked around the bottom of the sleeves, on the various edges of the jacket, and outlines lower yoke and armholes.

The Clover Scallop

The clover scallop is worked as follows: Make one single crochet each in the first three stitches, and in the fourth put four single crochet. Between the various single crochet in the latter stitch three chains are made in each instance, giving the clover effect. Repeat from beginning.

The seams of the sides are neatly over-handed together, or they may be joined with ribbons fastened at each side.

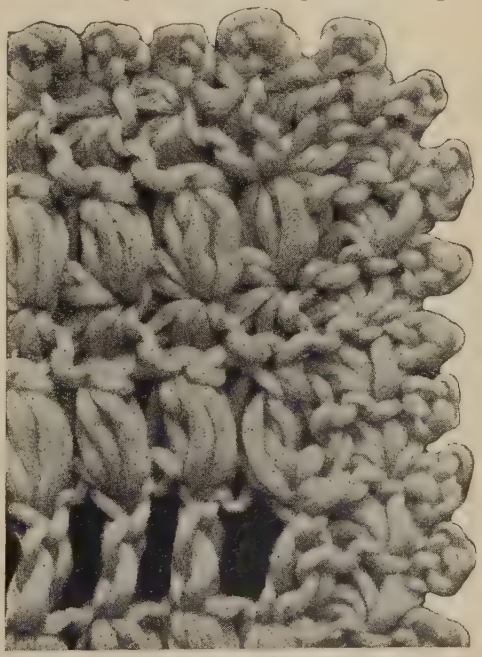
The Afghan of Edredon

The Afghan of Edredon is shown in illustration No. 54. Its beauty compensates for its frailty and makes it ideal for baby's use. Edredon is raw wool, washed and combed and drawn out into a thick rope-like strand, with little, if any, twist to mar it. The stitches in which this wool can be worked are few in number. Rarely is any but the star and double crochet used, although in the model the star and the bean stitch are combined. It is worked in one piece, and is of one color, but two colors may be chosen and set in in broad or narrow stripes.

The afghan is begun with a chain thirty inches long, and worked in bean stitch as follows:

Pull the loop on needle up long. Wool over needle and through first chain below, wool over and through same chain. Draw the wool through all the stitches on needle, and chain one. The first bean is complete.

Make a bean in every second stitch of the chain, working them like the first bean, excepting that the wool is thrown over the needle before starting, and three loops taken up in each chain. The various loops should all be pulled as long as



No. 54—Afghan of Edredon

possible, to give the loose, puffy appearance required.

The second row is in star stitch and is worked from the wrong side. Turn, chain four, take up a loop each in the second, third and fourth chains and one on top of the bean—five loops on the needle. Pull wool through all, and chain one.

For the second star take up a loop through the little hole formed by gathering together the loops of first star (called the eye of the star), another loop through the back twist of last loop of first star, another in space between first and second bean, and a final loop taken on second bean. Finish as before. Repeat this star throughout the row.

The third row is beans, one made in the eye of each star below. Repeat the second and third rows until there are five rows in all. The sixth row is in double crochet, and is intended for a place through which a ribbon is run. Turn, chain four, one double crochet in top of second bean, * chain one, one double crochet in top of next bean, and repeat to end of the row.

These six rows are repeated throughout the afghan until it is large enough.

For the border the star stitch is worked all around, with a picot made upon each star, by chaining five after each star is completed and catching to the closing chain of star. The border is, it is needless to say, worked upon the wrong side of the afghan, to give the correct effect.

No. 55—Hood for the Wee Baby

Infant's Crocheted Hood

Illustration No. 55 shows a sensible and pretty hood for the baby. In this hood the square crown is the novel feature. Not only is it quaint in appearance, but it is roomy at the base of the crown. At the same time the neckband sits closely. In this model pompadour wool is used and a No. 2 needle. Of the wool it takes about two ounces.

Chain four and join in a ring, then pull up the loop on needle. * Wool over and in ring, again wool over and in ring. Pull wool through all and chain one. Take up a loop in the ring, then repeat from * until there are eight beans in the round. Join.

Second round—Drop the loop and pull it through the space under joining. In that space make one bean, in the next two. Alternate in this way throughout the round. There will be four increased spaces, and they are the four corners of the crown. Make eleven rounds in all, on each round putting two beans between the two corner beans, and putting one bean in each of the other spaces. The crown now is large enough.

For the first row of the front begin at one of the corners. Do not increase, but work one bean in each space until the fourth corner is reached. Turn, chain one, one single crochet in first space, chain one, one single crochet in next space, and so on.

Repeat these two rows until thirteen front rows in all have been made. At the end of the last row turn and work along the neck. Make one single crochet in the end of each of the front rows, one single crochet in each space across the lower side of crown, second front like first.

On this row make five rows in single crochet, then turn and work four rows along the front, on the first row making one stitch in each space and one at the top of each bean. Fasten off, and arrange ribbon pompons over the ears, with strings in front.

Baby Bootees

Anything daintier than the bootees shown in illustration No. 56 could hardly

be imagined. The suggestion of chubbiness which they offer is in itself a delight, without considering the stitch, a design as simple as it is novel. The bootee is of pompadour wool—it takes about an ounce—worked with a No. 2 needle. It is started along the center of the sole.

Chain nineteen, turn, skip first chain, and in each of the others make one single crochet. At the end turn and work down the other side of the chain, making two single crochets in each of the end stitches, and one in each of those between.

Second round—Two single crochet in first stitch (always taken up on the double thread), one in each stitch down the side, two in each of the five stitches around

No. 56—Bootees That Will Not Slip Off

the end, one in each stitch down the other side, and two each in the last two stitches. It will be seen that there are five increased points at one end, and three at the other; the former the toe, the latter the heel.

Third round—One single crochet in first stitch, two single crochet in next, one in each stitch to first increased point; * two in first stitch there, one in next, repeat four times from *; make second side like first, * two single crochet in first stitch at other end, one in next, repeat from *. Make two rounds more, increasing on each —five points at the toe, three at the heel.

The remainder of the bootee is made in what is called the leaf stitch.

First round—* Wool over, take up a loop in first stitch below, wool over and in next stitch—five loops on needle. Wool over and through all, chain one. Repeat from * to end, and join.

Second round—Drop the loop, insert the hook in the space under the joining and pull the loop through there. Take up another loop in the top of the first cluster on first round, and another in next space. * Wool over and through all. Chain one. Wool over and in same space with last loop, take up top of next cluster, and a loop in next space. Repeat from *to end, there joining.

All the rounds are worked like the second round, excepting for the decreasings that shape the front. On the third round mark off the fifteen center front clusters, and work as follows: Wool over and take up a loop in the top of the first three clusters, which loops work off in the regular way. Three clusters have been narrowed to one. Work nine clusters as usual, then narrow off the last three as the first were narrowed off. Work the fourth round without decreasing, on the fifth round decrease at each side of the five center clusters, make the sixth round without decreasing. On the seventh round take up a loop in each of the five center clusters and gather them together as one. The bootee has been narrowed to the right size for the leg. Make five rounds without changing the width, then work a final round as follows: Take up a loop in the first space and * one in the next. Wool over and through three loops on needle. Chain three. Take up a loop in

the same space with last loop, and repeat from *. Fasten off and run ribbon through the anklet rows.

Crocheted Slipper

First of all, slippers must be tightly worked, and upon this most depends their entire value and much of their beauty. But even with tight work shapeliness is not assured, for most designs produce a square, clumsily shaped instep that is extremely ungainly.

The slipper shown in illustration No. 57, however, has very graceful curves and it fits the foot well.

Fourfold Germantown wool is used in the model, but if a similar slipper is desired for a man, the directions which follow may be successfully worked in eightfold Germantown wool. Use a fine bone tricot needle, having it about eight inches long.

The slipper is made with a box toe. To shape it, begin with a chain of seventeen stitches, and on the chain take up seventeen loops and work them off in tricot stitch. Make sixteen rows, on the second and every other row after it increasing one stitch at each side of the center stitch. These increased stitches are taken up in the space each side of the center stitch. After sixteen rows have been made make eleven rows more, increasing on each of these rows on each side of the center stitch. This finishes the major portion of the instep.

First side row, work to within five stitches of the center, not counting the center stitch. On this first row work twenty-seven rows more, then fasten off. Work a similar stripe on the other side, then with single crochet join the two sides together, taking a loop from each side under each stitch.

Go back to the eleven unworked stitches at the top of the instep. From the first of them count back five stitches on the last instep row. Begin work there, on each of the five stitches picking up a loop in front of those picked up for the first side row. Work across the eleven stitches increasing each side of the center as before, then pick up five new stitches on the second side. Crochet five rows and finish.

A Novel Ruche

The use of baby ribbon as an edging is novel and adds to the beauty of the slipper. Here three colors are used, and the knitting done with one strand of each, worked together. With coarse steel needles cast on two stitches, and knit them.

Second row—*Insert the needle in the first stitch, wind the ribbons over the needle, the first finger, then over the needle again, and finish the stitch, pulling both loops through. Repeat from * in the second stitch.

Third row—Knit, taking the loops up from the back, to prevent pulling out of shape.

Repeat second and third rows until the ruche is long enough to reach around the back part of the slipper, from beneath the instep tab on one side to the same point at the other. Bind off and sew to the top of the slipper, putting it below the edge at the fronts and above it at center of the back. This gives a better line to the top of the shoe. Now make a second piece of ruching, having it long enough to reach around the instep tab.

For a man's shoe this ribbon ruche is of course impossible. Instead of ribbon fourfold Germantown or a fine cord may be used, and eight stitches cast on to begin.

Ribbon embroidery is used to adorn the instep. A spray of forget-me-nots is thrown over it with dainty effect. This is worked from original design upon the tricot foundation, or if preferred, the design may be stamped on paper lightly basted upon the fabric. After the embroidery is finished the paper may be torn away.

In sewing the slipper to the sole the box toe is folded double and overhanded together with wool. The center of the sides is stretched tightly along the sole, while at the toe and heel more ease is allowed. By this means plenty of room is secured at the front and back, while at the sides the shoe sits snugly and closely to the foot, decidedly improving the shape. Do not try to sew from the wrong side, and turn, as so many think necessary. All the best soles now are provided with a cord edge, and upon the latter the upper is first carefully pinned, then slip stitched down with strong twist matching the wool in color. In choosing the soles it is better to select those in which the leather covering is turned to the top without any stitching on the under side since their wearing capacities are just that much greater.

BOOK IX.

Family Remedies

Medicine Chest, Baths, Bites of Insects, Poisonous Bites, Blackheads, Bleeding, Boils, Bad Breath, Bruises, Burns, Cancer, Castor Oil, Chapped Hands, Chilblains, Colds, Cold Sores, Constipation, Consumption, Convulsions, Corns, Croup, Cuts, Dandruff, Dressings, Diarrhea, Diphtheria, Dyspepsia, Drowning, Earache, Foreign Bodies in the Ear, Eczema, Epilepsy, Weak Eyes, Foreign Bodies in the Eyes, Lime in the Eyes, Fainting, Cold Feet, Fevers, Fomentations, Food, Freckles, Fruits, Grape Juice, Hay Fever, Headache, Hemorrhage, Hiccough, Hip-Joint Disease, Hives, Hoarseness, Indigestion, Ingrowing Toe Nail, Insomnia, Iodoform, Kidney Trouble, Ligature, Lightning Stroke, Malaria, Measles, Mental Exhaustion, Milk, Mustard Plaster, Nausea, Nervous Prostration, Nettle Rash, Neuralgia, Nosebleed, Pimples, Pneumonia, Poisons, Ivy Poisoning, Poison Oak, Quinsy, Rheumatism, Skin Diseases, Sleeplessness, Sore Throat, Spinach, Stings, Stomach Disorders, Stuttering, Sunburn, Sunstroke, Swallowing Sharp Articles, Tan, Tomatoes, Tonsilitis, Toothache, Tuberculosis, Warts, Water, Weariness, Whooping Cough, Wounds.

BOOK IX.

FAMILY REMEDIES

VERY family should have its physician, who may be summoned whenever and as often as required. In cases of injury or sudden illness, however, when the physician is often delayed, immediate and intelligent attention should be rendered. To know what to do is of the greatest importance. There are times, also, when an illness may be so slight that a little care in the matter of diet, exercise and fresh air will be all that is necessary to restore one to health. It would be well, therefore, for every one to know and to have at hand a few simple remedies for use when occasion requires.

Medicine Chest

In every home there should be kept a medicine chest, or "emergency box;" containing a supply of bandages of different sizes and widths, and bundles of absorbent cotton, large squares of soft old linen, and a collection of worn-out linen handkerchiefs. The bandages may be bought in a large box from a druggist or the family physician, or they may be made at home. If they are to be made, everything about the work must be absolutely clean, or there is danger of infection. Tear into lengths an old sheet, having the strips from two to four inches wide. Pull out all the threads that ravel from the edges, and then roll tightly into little rolls, and fasten the ends. These should be kept in a small box or in a large-mouthed glass jar.

Witch hazel, some true and tried liniment and as good a corn cure should be kept in the box; also a jar of cold cream, another of vaseline, a package of bicarbonate of soda (for slight burns), a bottle of olive oil (to use with the soda), and such toothache remedies as seem efficacious. Of these, spirits of camphor or oil of cloves mixed with an equal quantity of ether or chloroform are perhaps as good as any. A pair of small hop bags, made from empty salt bags filled with the hops, that can be purchased by the package, are excellent for an attack of neuralgia. These should be kept in one of the tin boxes in which crackers are packed, or the odor is likely to permeate the entire contents of the larger box.

Salt bags are also good for pain, and are made by half filling two small-sized bags with salt. These bags are to be placed in the oven on a pan, and heated alternately, then applied to the seat of the pain. Pieces of flannel that can be wrung out of hot water should also be kept in the box, where they may be found at once if the small boy of the family has been indulging in green apples or other forbidden fruit, or for colic, to which many adults are subject.

The coarse salt bags are also useful for making poultices or for filling with cracked ice if an ice pack is prescribed. The bags should be washed out as soon as they are empty, and put carefully away in a small box.

In a glass fruit jar should be kept flaxseed, and in another hop leaves, for use in making poultices when required.

Always spread a poultice with vaseline before applying it, so that it will not blister the skin.

A can of mustard should find a place in the emergency box, as well as court plaster and plasters of other kinds.

On account of the efficacy of hot-water applications, no family should be without at least one hot-water bag; two—one small and one large—would be better.

Hot water should always be on hand when there is sickness in the house.

Baths

The salt bath or rub is as good for well people as for those who are ill. It is the simplest and most easily managed of all similar measures. Put a few pounds of coarse salt—preferably sea salt—in an earthen jar, and pour enough water on it to produce a sort of slush, but not enough to dissolve the salt. This should then be taken up in handfuls, and rubbed briskly over the entire person, but any one in ordinary health can do it for himself very satisfactorily. This being done, the next thing is a thorough douching of clear water, preferably cold, and a brisk rubbing with a dry towel. The effect of elation, freshness and renewed life is immediately felt.

Steam Bath

A steam bath may be easily and satisfactorily given in the following manner: Boil a dozen or more ears of corn, wrap in cloths moistened in hot water, and pack them as closely to the patient as possible. Keep him well covered, and a few moments will bring the most profuse perspiration.

For a tonic bath, put vinegar in the bath water.

Bites of Insects

Sodium bicarbonate or ordinary cooking soda may always be used with good effect.

Mosquito bites will yield to ammonia or saleratus water.

To guard against the bites of mosquitoes, dissolve a piece of alum the size of a marble in a bowl of water, and wet the face, hands and any exposed part lightly with it.

Another preventive is oil of citronella, one ounce, and alcohol, one ounce. Apply to the face, hands, neck and ankles.

Poisonous Bites

The bites of poisonous spiders, snakes and mad dogs require prompt treatment. To prevent the further spread of poison, a ligature should immediately be applied tightly around the limb between the wound and the heart, and as near the former as possible. (See "How to Make a Ligature," page 271.) Bleeding should then be induced by sucking the wound. If there is a cut or scratch upon the lips or in the mouth, however, this would be equally dangerous. The bite should be cleansed with pure carbolic acid or some other antiseptic, or cauterized by means of a hot iron.

Dangerous symptoms rapidly develop in such cases, and the patient should drink liberally of brandy and whisky, as one poison counteracts the other.

It is not best to stop the circulation entirely for any considerable period; the ligature loosened at intervals will permit only a small quantity of poison to enter the system at one time, which it is always hoped may be combated by the means mentioned.

It is unnecessary to say that the nearest physician should be summoned without a moment's delay.

Blackheads

Blackheads are collections of dust and dirt, which clog the pores of the skin. They can best be removed by washing the face with tepid water and delicate soap at night before retiring. Make a lather, and rub it well into the skin, afterward rinsing it off with clear water. If this is done regularly every night the skin will soon show a great improvement. Steaming the face occasionally does no harm, but to do so constantly will probably induce wrinkles. (See "Care of the Complexion," page 61.)

Bleeding

(See "Hemorrhage," page 270.)

Boils

A fig slit open makes a good poultice for a boil. It is especially useful for gumboil.

Bad Breath

This offensive and often unnecessary trouble is usually caused by decayed teeth, unhealthy stomach or weakness of the lungs, throat or nose, but it is in many cases the result merely of uncleanliness of the mouth. The cause should be determined by a physician or dentist, and the trouble removed accordingly. The teeth should be thoroughly cleansed twice a day—in the morning and in the evening. Listerine is an antiseptic and

has a cooling and pleasant effect on the gums. Fine salt will not only polish the enamel of the teeth, but it is healthful and purifying as well. Cool water, in washing the mouth, will maintain the firmness of the gums.

Equal parts of powdered orris root, borax, prepared chalk and one-sixth as much Windsor soap makes a fine dentifrice. (See "Care of the Teeth," pages 71, 72.)

Bruises

Cool lotions of vinegar and water will usually heal a bruise and prevent inflammation. The application of vaseline or cold cream may also prove useful.

Burns

For a burn or scald, make a solution of common baking soda and water, apply at once, cover with clean linen or gauze, and keep wet. When the skin is broken, apply the white of an egg with a feather. This gives instant relief, as it keeps the air from the flesh.

Ten grains of menthol dissolved in one ounce of distillate of witch hazel is said to relieve the pain of a burn in one minute. It may be applied on gauze dressing.

Borax dusted on a burn or scald is excellent.

Camphor may be used on a place that is difficult to bandage.

Linseed oil and lime water made into an emulsion are also valuable.

In cases of severe burns of the body, and particularly in children, the removal of clothing or of temporary dressing put on by the family is often very painful. If they are first placed in a tubful of warm water, to which soda has been added, the adherent fabrics may be more easily and painlessly removed.

The blister formed by a burn should always be opened on the extreme edge. A needle may be sterilized for this purpose by passing it through the flame of a candle or lamp.

Children should be taught not to run up and down stairs, nor out of doors, should they "catch fire," but make for the nearest and thickest rug, and roll and roll until the fire is extinguished. If caught in a room filled with smoke, wet a towel or silk handkerchief, and fasten it over the mouth and nostrils, crawling close to the floor until the door is reached.

Cancer

In cases of inoperable cancer, cleanse with water containing half a dram of formaldehyde to the quart. Another excellent wash is made by adding half a dram of potassium permanganate to a quart of water.

Castor Oil

The best way to administer castor oil is to place a tablespoonful of sherry in the bottom of the cup, overlay it with the indicated dose of oil, and over this place a little more sherry. Do not stir, but give at one draught, and follow with coffee or hot milk. Given in this manner, oil is never tasted, and the sherry prevents griping. Castor oil can often be given to children in milk. There is nothing better as a laxative after confinement or in irritable states of the bowels.

Chapped Hands

Those who are obliged to have their hands in water frequently, as a rule suffer most severely from this trouble. Regular care is very necessary in such cases, and will often prove quite sufficient without the aid of any healing application.

After the hands have been in water they should always be thoroughly dried with a soft towel, then common oatmeal well rubbed into them. A bowlful of the latter should be kept in a convenient place for this purpose. Regularly applied it will usually keep the hands delightfully soft and white. Warm gloves should always be worn when the hands must be exposed to the weather, and the hands should never be allowed to become thoroughly chilled. Silk or wool mittens keep the hands rough.

If, despite these precautions, the dreaded chaps make their appearance, and some medicament becomes necessary, camphor ice will prove a pleasant and almost certain remedy. This is an invaluable emollient to keep in the house throughout the cold weather, and is one quite easily made at home at a very trifling expense. The ingredients required for a winter's supply are as follows: One-half pound of white wax, six ounces of spermaceti, nine ounces of castor oil, three ounces of powdered lump camphor, one ounce of glycerine and one-half dram of oil of bitter almonds. Put the white

wax and spermaceti into a stone or earthenware basin, and stand it in a panful of hot water on the back of the range until melted. Then add the castor oil and powdered camphor, and stir until these are melted, then add the glycerine. Continue stirring slowly, but constantly, until the mixture is thoroughly homogeneous. Lastly add the oil of bitter almonds. In three minutes remove it from the fire, but continue the stirring until the mixture has become partly cooled and sufficiently thickened to prevent separation, then pour into any small molds convenient. In twenty-four hours turn out, and wrap each piece of camphor ice in tinfoil. Keep in a cool place. For chapped hands, sore faces from exposure to winter winds, cold sores and similar troubles this preparation will be found delightfully soothing and healing. It is beautifying as well, and if used regularly will keep the skin soft, smooth and white. (See "Care of the Hands," pages 69, 70.)

Chilblains

The frequent application of oil of eucalyptus with a camel's-hair brush usually gives speedy relief of pain in chilblains, and soon affects a cure.

Or try the following: Take ten pounds of oak bark, put in a kettle, pour on it six quarts of water, and let it boil down to four quarts. Soak the feet in it.

Colds

To prevent colds, avoid drafts and sudden changes of clothing and temperature, Do not muffle up the throat. Keep the air of the living rooms moist by placing vessels of water on the radiators or on the mantels.

One is much more likely to take cold by sleeping in a poorly ventilated room than by breathing pure cold air at night. The bed need not stand in a draft, but with plenty of covering even a draft is innocuous.

To Cure a Cold

The treatment of a cold should begin the first hour that the cold is felt, and an even temperature of the body should be maintained.

It is essential to keep the bowels open, and attention to this matter will often prevent a cold.

Sore throat or the beginning of a cold in the head may often be stopped by frequent gargling and snuffling of listerine or a similar antiseptic.

Ten drops of camphor in half a glassful of water, sipped at intervals of fifteen minutes to a half hour, will usually check all symptoms of the disorder.

If the children come home from school with symptoms of an oncoming cold, give them six or eight drops of spirits of camphor on a medium-sized lump of sugar.

Likewise a cold in the head may often be dispersed by the frequent inhalation of camphor.

Two tablespoonfuls of flaxseed steeped in a pint of water, with the juice of one lemon, taken hot, in doses of a cupful, just before retiring, will soon break up the severest cold. The ground flaxseed made into a poultice will in most cases sooth inflammation and heal the affected parts.

Almost every one who has tried the old prescription, which calls for a hot bath, a hot lemonade, and perhaps a Dover's powder, on retiring for the night, has found to his discomfort that it merely resulted in opening the pores of the system and preparing it for increased cold the following morning. This may be avoided if the person affected has the patience to remain in bed for a day—which in itself is the surest and most effectual way of breaking up a cold after it has reached an advanced stage.

In sudden hoarseness or loss of voice from colds relief may be obtained by dissolving and partially swallowing a lump of borax the size of a pea.

Cold on the Chest

Melted camphor ice or vaseline, to which has been added a few drops of turpentine (not enough to blister the skin), is very efficacious for cold on the chest. The preparation must be made as hot as can be borne, and rubbed vigorously over the affected parts. A soft warm flannel will retain the heat, and should be worn as a protection for a day or two.

If for any reason turpentine is objectionable, as in the case of one suffering from weak kidneys, the massage and heat combined with the use of any good oil or grease will prove very beneficial. The generous use of onions, preferably boiled in one water, is an excellent aid in the treatment of colds.

For inflammation of the chest or lungs, an application of antiphlogistine, which is a putty-like substance, obtainable at any drugstore, will be of great assistance in relieving the trouble.

Cold Sores

When a cold sore is first felt, sweet spirits of niter should be applied to the lips with the tip of a finger. Dry and cracked lips may be softened and healed with white vaseline; the niter and vaseline may be used together, if desired.

Constipation

Certain kinds of fruit prevent or help to overcome constipation, which is the primary cause of appendicitis.

Among the best laxatives are figs, prunes, dates, nectarines, oranges and mulberries.

The copious drinking of water—six glasses full at intervals of fifteen minutes—is as valuable in assisting the action of the bowels as it is in cleansing the bladder and kidneys.

For any one who does not care to take the ordinary medicines used for physics, the following exercise is recommended by physical instructors: Lie flat on the back, and alternately lift the lower limbs so that the bended knee comes as near to the chest as possible. This exercise sets in motion the muscles of the abdomen, and acts directly upon the intestinal system.

The value of walking is, of course, too well known to be commented upon.

Flaxseed is an excellent remedy for constipation. Two tablespoonfuls soaked in warm water, taken before retiring, and again on rising in the morning, will generally cause a natural movement of the bowels. Where constipation is not chronic it will hardly be necessary to repeat the dose in the morning, and in many cases the dose may gradually be reduced in quantity at night.

Consumption

It is hardly necessary to say that the most important thing in the treatment of pulmonary consumption is abundance of fresh air and sunlight. If possible the patient should live out of doors, amply protected from inclement weather. He should take regular exercise only on advice of a physician. The diet and habits should be regulated.

The importance of deep and perfect breathing, in the form of exercises if it cannot be accomplished in any other way, should not be neglected. A dry climate, where the air is clear and crisp, is the most favorable for those suffering from weakness of lungs and throat. However, physicians hesitate nowadays before exiling an unfortunate sufferer away from home comforts and associations, and first ascertain, if possible, the special climatic requirements of each individual.

Carbonaceous foods are needed by one so afflicted, and he should therefore eat eggs, fish and beef and abstain from starch and sugar. Cold bathing is beneficial to those who have sufficient vitality. The patient should be suitably clothed, to avoid exposure to heat or cold.

Cod-liver oil, cream and alcoholic stimulants are the medicines found to be the most useful in the treatment of consumption.

Self-poisoning is a condition of all chronic diseases, hence the absolute necessity for cleanliness, fresh air and pure water.

As consumption is an infectious disease, great care should be taken with the disposition of the expectoration, and one suffering from the disease should always sleep alone.

Convulsions

A child in convulsions should be immersed in a hot bath in which several spoonfuls of mustard have been stirred, then wrapped in hot blankets, and placed in a crib; meanwhile a physician should be summoned.

Corns

Sore and painful corns, soft or hard, are quickly relieved by binding a pledget of absorbent cotton on them, and keeping it soaked with linseed oil.

Baking soda dissolved in spirits of camphor will entirely remove corns if applied to them night and morning.

Croup

The value of croup medicine is in its immediate use. If one waits for the services of a physician it may be too late. Syrup of ipecac should always be kept

at hand in a home where there are little children. Doses large enough to cause mild vomiting should be given. As in the treatment of cold on the chest, turpentine and camphor ice rubbed on baby's chest will draw out inflammation and render the breathing less difficult.

Cuts

A cut or bruise that is filled with sand or dirt must be thoroughly cleansed before it is bandaged. Dip the sponge or bit of cotton into warm water containing a few drops of carbolic acid, and squeeze over the wound so that the water will gently fall into it and wash away the dirt.

Often cleansing, and a careful bandaging to keep out the dirt and cold, is all that is necessary for the wound of a healthy child.

A severe cut, one that is long or deep, should have the edges gently pressed together after the wound has been thoroughly cleansed from all foreign matter, and held in place by narrow strips of adhesive plaster, first fastened to one side and then to the other, pulling the strips slightly from side to side. (For Stoppage of Blood See "Hemorrhage," page 270.)

Dandruff

(See "Care of the Hair," page 66.)

Dressings

Dressings that have become strongly adherent by the drying of blood or pus can be rapidly and painlessly removed by saturation with peroxide of hydrogen, which rapidly destroys the hardened pus and blood by oxidation.

Diarrhea

Diarrhea is generally caused by the retention in the bowels of some harmful substance, and therefore cannot be cured until the same has been cast out. Therefore, the simplest remedy is the use of a cathartic, such as castor oil, or a small dose of calomel, followed later by salts. After this is accomplished the diarrhea may be checked gradually, although there is no treatment that should be more carefully handled. The sudden checking of diarrhea often results in inflammation of the bowels. One or two grain doses of camphor is often effective in checking acute diarrhea. Blackberry brandy may be used in moderation. Lime water is good in the treatment of children. Cold drinks should be avoided.

Diphtheria

It is absolutely necessary, in the successful treatment of diphtheria, that the best medical skill be obtained.

It may be said that diluted lemon juice has proved valuable as a gargle in cases of diphtheria and other throat diseases. The patient may be permitted to masticate pieces of the lemon, but not to swallow them. Gargles of alum, and also of chlorate of potash may be tried. Cloths wrung in hot water may be applied outside the throat.

Dyspepsia

Dyspepsia is often the result of the exhausted condition of the nervous system. Sleep and rest, therefore, are the first requisites.

Fresh air, sunlight and moderate exercise, as well as nourishing and easily digested foods taken regularly, are absolute necessities in its treatment.

Water is a remedial agent. The patient should drink from one to three glassfuls one hour before each meal, but should avoid drinking at meals. He should eat slowly, thoroughly masticating the food, which should be neither hot nor cold, and should take only as much as his system requires.

It is unnecessary to say that a dyspeptic should avoid such indigestible food as hard-boiled eggs, soggy bread and deadly pastries. Cereals properly cooked are considered wholesome and beneficial. In some forms of dyspepsia there is no more simple and effective remedy than raw cranberries. Eating between meals or when the mind or temper is disturbed should also be avoided.

Every one should know that to eat when tired is to place upon the digestive organs a burden which they are wholly unable to bear. When the body is in a state of fatigue the digestive organs are unable to perform their natural functions —the glands of the stomach will not form gastric juice; the saliva is deficient in quantity, and the whole digestive apparatus is incapable of doing efficient work. When exhausted one should rest before

eating. If a faint or sinking sensation is experienced, relief may be obtained by drinking a glassful of hot water or diluted fruit juice of some kind.

Mild tonics and stimulants as prescribed by a physician might prove beneficial, but medicines cannot be relied upon in the treatment of dyspepsia.

Drowning

For drowning accidents, lay the body face downward, to force the water out of the mouth; place a barrel or a pile of clothing underneath the body, and when most of the water has been forced out, turn the body face upward, and work the arms back and forth, using artificial respiration until the patient revives. This is often the work of hours, and one who is not easily discouraged should have charge of the resuscitation.

The effectiveness of tongue traction in restoring life has also been proved. This method consists in periodically pulling the tongue from twenty to twenty-five times a minute.

Earache

For earache, never pour anything into the ear; heat is often all that is necessary, for the ache is the result of a cold. Give the patient a hot drink, wrap him in a blanket, and place him close to the heat, and then apply the hop or salt bags one after the other, making them very hot and holding them close to the ear. A small bit of cotton may be wet with laudanum or sprinkled with pepper and tucked into the orifice if the hot applications give no relief. The patient should always be placed in a comfortable position, so that he can fall asleep, if possible, when the heat from the hot applications begins to soothe the pain.

To Remove Foreign Bodies from the Ear

Occasionally the turning of the head so that the affected ear is downward will cause the body to fall out. It is more often necessary to resort to other means. Sweet oil or glycerine will usually kill or quiet an insect, after which it can be removed as any other foreign body—that is, by means of a syringe and warm water, but this must be undertaken only by a physician experienced in the use of such instruments, and never when a child is struggling.

Probing the ear—no matter who does it—cannot be too strongly condemned.

Eczema

There is no certain or universal remedy known that will cure this disease. Success in its treatment depends upon simple measures. A mild solution of salicylic acid used for an external wash has been known to cure it. Impure soap should be avoided. When relief is not obtained by simple measures, it is best to consult an experienced physician.

Epilepsy

The patient should reside in the country, if possible, where he could lead a quiet, out-of-door life. Milk, with fresh vegetables and little salt are the most valuable articles of diet. Cereals and toast, cooked fruits and soft-boiled eggs are also recommended. Tonic baths will have a good effect. Phosphate of sodium in a teaspoonful dose in hot water before breakfast will tend to keep the stomach, liver and kidneys in good condition.

Eyes

Washing the edges of the eyelids with warm water every night before going to bed, and applying some pure olive oil with a soft, narrow brush, will promote the growth of the lashes.

For weak eyes the most strengthening wash is salt water. The water should be of the natural temperature of the eye. Only enough salt should be used so that the taste is just discernible, and no more.

Rather than attempt to bathe the eye in the solution, it is better to use an eye cup, placing it gently over the eye, and opening the lids to admit the water.

Boracic acid is also beneficial.

To Remove Foreign Bodies from the Eye

When the ordinary means of removing a foreign object from the eye fails, a very simple and soothing one may be resorted to in the use of slippery elm.

Obtain a small quantity—powdered, if possible—and soak it in warm water. This of course forms a thin gelatine, which should be carefully strained through a piece of clean linen.

The patient should be placed upon his back, his head resting well backward, and the upper eyelid raised so that when a teaspoonful of the liquid is gently allowed to enter the eye it will not flow out immediately, but will seek the offending cinder or other object, and remove it without pain.

At the same time the slippery elm allays the inflammation caused by the foreign body.

Lime in the Eyes

When lime gets into the eyes something must be done at once. Wash the eye thoroughly with a large quantity of warm water (for a little water but adds to the trouble by slaking the lime), and then introduce a solution of sugar and water. This is superior to solutions of vinegar or dilute acids, because sugar forms an insoluble compound with lime.

Fainting

A fainting person should be laid on his back, with loosened clothing, and given plenty of air—the best fresh air obtainable. In some cases and for the fainting of an hysterical person apply strong ammonia to the nostrils, and upon recovery give a dose of aromatic spirits of ammonia.

Cold Feet

Coldness of the feet is an evidence of indigestion and feebleness of the circulation. For the latter, sponge the feet every morning in cool water, and rub them with a rough towel until they feel warm.

Fevers

A person suffering from bilious fever may be made more comfortable by the use of lemonade and effervescing drinks. A laxative of course is the first requisite in the treatment of biliousness.

In fevers if the mouth is washed occasionally with water in which a little soda has been dissolved, it will take away the unpleasant taste caused by the use of medicines and the sickness itself.

In cases of fever, after the fever has run its course, the cure depends almost entirely upon the food served the patient. Often a slight mistake proves fatal, and is always serious. What is true of fever is also true in other sickness, but not in the same degree. In fever cases solid food is prohibited, and only eggs, milk, fruit, meat stock, gruels, ice cream, etc., should be taken by the patient.

Fomentations

The following are directions for applying fomentations: There is probably no other application that will give relief from extreme pain in a greater variety of cases than the fomentation, and every family should have a set of cloths for that purpose, and know how to use them. A single flannel bed blanket quartered and a panful of boiling water furnish all the apparatus necessary. Fold a cloth into thirds, then gather the ends into your hands and dip the middle of the cloth into the water to within four or five inches of the end. Take out the cloth and twist the ends in opposite directions until the cloth is wrung as dry as possible, then quickly untwist the cloth and fold large enough to cover well the part to be treated, and wrap in a dry flannel, leaving one thickness of dry flannel between the wet one and the patient's skin. The treatment should always be finished by sponging the part with a cloth wrung from cool water, or, if the patient is perspiring freely, by a cool sponge bath, or, better still, of putting him into a bath-tubful of water at ninety-eight degrees and gradually cooled to eighty-five degrees.

Absorbent gauze is the best substance for fomentations or compresses, as it retains heat or cold longer than other cloths.

Hot fomentations of salt and vinegar are strengthening, for instance, where there is apparent weakness of the back.

Food

Fat is usually difficult of digestion. If there is no time to chill broth, and thus reduce to a solid form, so that the fat is easily removed, lay a piece of unglazed paper on the surface and carefully withdraw it; repeat the operation until every particle of fat is removed.

Clam juice is easily made, and can be retained by a delicate stomach when all other food is rejected.

Gruel, when properly prepared, should be but little thicker than cream, and should be absolutely free from lumps.

Freckles

The best plan is to go to some physician, and ask him for some tonic that will act directly on the blood; then keep the skin in good condition by bathing in hot water and olive-oil soap, and by using cold cream at night. Do not expose yourself unnecessarily to the sun. Wear a broad-brimmed hat in the summer time, and a veil if it does not affect the eyes. Freckles come from a condition of the blood, which is apt to be more or less a permanent one.

Fruits

The relative value and importance of fruits are said to be according to the following order: Apples, grapes, bananas, oranges, peaches, pears, apricots, pineapples, plums, strawberries, raspberries, blackberries.

There are many times when the sick should not eat raw fruits, but can take cooked fruits. Any and all fruits may be cooked—in many ways, all attractive. Compotes are fresh fruits stewed; they are usually made by first making a syrup of three and one-half cupfuls of sugar and two and one-half cupfuls of water, and boiled five minutes. The time must be counted from the time it actually begins to boil. When it is boiling drop the fruit in carefully, a few pieces at a time, so that they will not break; cook until tender, but firm enough to keep their shape; remove with a skimmer, arrange daintily on a dish, then boil down the syrup until thick, and pour it over the fruit. Let it cool before serving. Apples, pears, peaches, apricots and oranges may all be cooked in this way.

No fruit should be eaten that is not ripe, sound and of good quality.

Fruit alone will not sustain life for any great length of time, but it helps to furnish a variety in the diet. It stimulates and improves appetite and digestion, relieves thirst, introduces water into the system, acts as a laxative or astringent, stimulates the kidneys, and supplies the organic salts necessary to a proper nutriment. If the medicinal uses of fruit were understood, and care taken to use the appropriate kinds, much less medical treatment would be needed. Among the laxatives are figs, prunes, dates, nectarines, oranges and mulberries. The astringents are blackberries, dewberries, raspberries, pomegranates, quinces, pears, wild cherries, cranberries and medlars. The kinds used for diuretics are grapes, black currants, peaches, whortleberries and prickly pears. The refrigerants are red and white currants, gooseberries, lemons, limes and apples. Apples are useful as a stomach sedative, and will relieve nausea. Grapes and raisins are nutritive and demulcent, making them excellent for the sick room.

Grape Juice

Grape juice, from its constituents, is a mineral water. Its use as a medicine will be greatly aided by walking and exercise in the open air. It has a tonic effect on the system, and is a flesh builder where it agrees with the patient.

Hay Fever

The only remedy for hay fever that is universally recognized is found in a change of climate. The person affected should spend the season of attack in a mountainous region where the atmosphere is clear and invigorating.

Headache

Headache is the effect of some derangement of the system, and it is not always easy to ascertain the cause. It should be done, however, before a cure is attempted. The most common cause is constipation. Sometimes in an ordinary congestive attack the pain may be relieved by first soaking the feet in water as hot as can be borne. The patient should then lie down, assuming a relaxed position, so that the muscles may be in a state of complete repose. A napkin dipped in ice water and applied to the forehead for the period of a half hour or so will complete the cure.

The use of ice water and ice is invaluable in driving the blood from an inflamed part, preventing further inflammation and permitting the tired and aching tissues to rest.

Sick headache is caused by exhaustion, work, loss of sleep, indigestion, overeating or the lack of food, and any one subject to such attacks should avoid their causes. (See "Dyspepsia," page 266.)

Hemorrhage

The flow of blood in serious accidents may be stopped by the pressure of one or more fingers upon the wound. Meantime other means must be prepared as rapidly as possible. A sponge is perhaps the best substance for this purpose, as it is soft and can be easily pressed into the wound. A pocket handkerchief may be used in an emergency. Merely bathing the wound in cold water will often stop the flow of blood. If the dangerous nature of the wound makes it necessary to resort to other means, a ligature should be applied. (See "How to Make a Ligature," page 271). When the physician arrives he will doubtless put the hemorrhage under complete control by the use of a tourniquet.

It is a good general rule never to give whisky or other stimulants to a person who is bleeding, for the reason that it is apt to increase the hemorrhage and to materially augment the patient's excitement. Keep stimulants away until after the bleeding has stopped, when they will be unnecessary.

Hiccough

Where hiccough occurs after meals, an acid such as vinegar or lemon juice will generally check it.

The occurrence of obstinate and persistent hiccough during the course of any disease is often a very serious complication. Place the bowl of a heavy teaspoon, concave side down, back of the base of the tongue, and press downward and forward, the mouth being widely opened and the head thrown back. Simultaneously with this maneuver have the patient take twenty deep inspirations as rapidly as possible. The hiccough will cease as if by magic.

Hip-Joint Disease

When a child complains of a pain in the knee for any length of time, without any evidence of local disease, consult a physician. Nine times out of ten it means that the child has hip-joint disease.

Hives (Nettle Rash)

Lemonade containing a little niter may be freely taken. A mild laxative is recommended.

Hoarseness

(See "Colds," page 264.)

Indigestion

(See dyspepsia," page 266.)

A tablespoonful of olive oil taken three times a day will often cure indigestion and banish sick headache. A sprinkle of salt will make it more palatable.

Ingrowing Toe Nail

An ounce of fresh tannic acid dissolved in six drams of pure water with gentle heat makes a desirable solution for use on ingrowing toe nails. It should be painted on the soft parts twice a day.

Insomnia

To indulge in a hearty meal just before retiring is, of course, injurious to the great majority of persons, because it is very likely to disturb one's rest and cause sleeplessness, which is indeed most enervating and distressing. However, a little food of the simpler kind at bedtime, if one is hungry, is decidedly beneficial; it prevents the gnawing of an empty stomach, with its attendant restlessness and unpleasant dreams, to say nothing of probable headache or of nervous and other derangements the next morning. One should no more go to bed hungry than to go to bed after a very hearty meal, the result of either being disturbing and harmful. A cracker or two, a bit of bread and butter, a little fruit, a glass of milk—something to relieve the sense of vacuity, and so restore the tone of the system—is all that is necessary.

Sleeplessness from a disturbed mental or nervous condition is a great source of trouble. A long walk just before retiring is an excellent remedy. See to it that your muscles and nerves are relaxed, and take long and deep inhalations. Divert the mind into new channels by taking note of the various objects that may come to your view.

To induce sleep when other means fail try putting the pillow or pillows under the feet or the knees instead of the head. The advantages claimed for this are that the venous circulation is favored, and the heart needs to work less during sleep, hence the tired feeling on waking is prevented.

Different people require different

amounts of sleep, but at least eight hours are needed by those who are busy during the day. What is called the beauty sleep must be taken before midnight.

Iodoform

The odor of iodoform may be removed from the hands by bathing them in vinegar.

Kidney Trouble

The abundant use of water as a drink is recommended by physicians—at least six or eight glassfuls a day should be taken.

How to Make a Ligature

The use of a ligature and how to apply it above the wound, so as to arrest the flow of blood, should be a part of the education of every one, old and young. Prompt action of this sort has saved many a life that would otherwise have been lost while awaiting the arrival of a physician or surgeon.

In an emergency a ligature may be quickly made by folding a pocket handkerchief in the form of a bandage, and first tying it around the limb between the wound and the heart, and as near the wound as possible.

Beneath the bandage and immediately upon the course of the bleeding vessel place a smooth, hard body—a small stone, a piece of wood or even another handkerchief rolled tightly will serve the purpose.

The handkerchief should then be tightened and firmly knotted directly opposite the place whence the blood issues. In doing this a strong stick should be passed through the knot. This when turned acts as a lever and causes the bandage to press upon the artery with any desired force.

Lightning Stroke

When there is thunder and lightning it is generally raining, and if some one at hand, when a person is struck by lightning, would remember that the falling of cold water on the patient will often revive him, it would be a simple matter to carry the body out of doors and lay it face upward. The clothing should be removed, and inflations of the lungs should also be practiced.

Malaria

Malaria usually attacks those who reside in an unhealthy locality. Where a permanent or temporary change of residence is not possible, it is better to consult a physician. A good physic is generally considered necessary before other medicines are taken. The patient, above all things, should drink pure water and partake only of light, wholesome food.

Measles

In an ordinary attack of measles the treatment is about the same as that used in colds. A mild physic should be given. The skin should be bathed daily in tepid water, and cooling and agreeable drinks given, with a light diet of nourishing food. The disease will run its course in about two weeks, but the greatest care should be exercised to prevent exposure of the patient to cold either during the progress of the disease or during recovery, as there is a likelihood of its resulting in inflammation of the lungs. The eyes are left in a weakened condition, and the patient should not strain them by reading or sewing during convalescence.

Mental Exhaustion

For pain over any spinal nerve, insomnia due to mental overwork, anxiety, etc., hot spinal fomentations are most effective. For a plain fomentation two pieces of woolen cloth or flannel one yard square should be used. One piece should be dipped in boiling water, wrung as dry as possible, folded until one third of a yard wide, then laid in the center of the dry piece, the latter being folded over the wet cloth so as to leave two layers of dry cloth on one side and one layer on the other. Apply the latter side snugly to the spinal column, and have the patient assume a thoroughly relaxed position for sleep. Another set of cloths should be ready, so as to replace the first fomentation, should it prove ineffective. After the first fomentation the cloth may be reheated in a steamer.

Milk

Milk taken before or after a bitter medicine will absorb the taste more quickly than anything else.

Kumiss is fermented milk. It is used

both as a medicine and as a beverage. It is supposed to be beneficial in stomach troubles, and also as a tonic.

To Make a Mustard Plaster

If a mustard plaster is made according to the following directions it will not blister the most sensitive skin: Take two teaspoonfuls of mustard, two teaspoonfuls of flour and two teaspoonfuls of ground ginger. Do not mix too dry. Place between two pieces of old muslin, and apply. If it burns too much at first, lay an extra piece of muslin between it and the skin; as the skin becomes accustomed to the heat, take the extra piece of muslin away.

Nausea

If nausea is intense, mix a few bits of cracked ice with some orange juice, and it will not only prove most grateful to a parched tongue, but it will frequently lead the way to retaining more solid nutriment.

Wash the patient's mouth frequently. A teaspoonful of an antiseptic solution in a wineglassful of water makes a most satisfactory wash.

In all such disorders attempts must be made to restore the circulation of the blood in the stomach. Where it agrees with one, a teaspoonful of Jamaica ginger in sweetened water will prove beneficial.

Often it is best to at once entirely relieve the stomach by vomiting.

Two or three swallows of warm salt water, or what is stronger, mustard water, will be effectual.

Nervous Prostration

Absolute rest in bed amid quiet and pleasant surroundings, with change of air, climate, food and conditions, if possible, are necessary to the general building up of a person suffering from nervous prostration. Massage, wholesome food and tonic baths should form a part of the treatment.

Nettle Rash

(See "Hives," page 270.)

Neuralgia

Local applications of spirits of hartshorn, fomentation of hops and other hot applications should afford relief.

Placing the hand opposite the side on which the pain is felt in a basin of very hot water, it is said, will also bring relief within five minutes.

Nose Bleed

Place the hands and feet in water as hot as can be borne. This will check the most obstinate nosebleed without any ill consequences.

Equal parts of powdered alum and starch make an efficient powder for insufflation in cases of nosebleed.

In habitual nosebleed, ammonium carbonate is an absolute specific. Two grains every ten minutes will stop the flow quickly during the attack. To correct the tendency two grains should be given from three to six times each day.

Pimples

Pimples are usually caused by either poor digestion or poor circulation. To eradicate them, get as much fresh air and exercise as possible, and take regular breathing exercises every morning after a cold bath. Avoid greasy or indigestible food. An excellent plan is to wash the face every night with a soft cloth, good soap and tepid water, being careful to rinse every particle of the soap from the face, as it is likely to make the skin oily. (See "Care of Complexion," pages 60-65.)

Pneumonia

The symptoms of pneumonia and lung fever are high fever, nervousness, red spots on the cheeks and rough breathing, which can be detected by holding the ear to the front and back of the lungs. First send for the doctor. If he does not come at once, do not be idle, as a few hours may do fatal work. Place the patient in a room of even temperature, where no drafts will strike the bed. Make the following poultice, and get it on the patient as quickly as possible: Three pints of ground flaxseed, one tablespoonful of ground mustard (this draws the blood to the surface, promoting circulation, and should be omitted after the first poultice), one tablespoonful of lard. Pour boiling water over this, stirring all the time, until it is of the consistency of mush. Have a roomy, double jacket cut from

cheese cloth, put the poultice between the thicknesses, turn under the edges, and sew together, to protect the clothing. Have a board on which to do this, and carry it on it. The top side will cool more quickly. Test it by laying the cheek to it. Put this side next to the patient as hot as can be borne. Let it come close up around the neck and down over the front and back of the lungs. Pin up the back and shoulders with safety pins. Do not let the patient up, as it will increase the soreness of the lungs. Cover the poultice with a jacket of flannel or cotton batting, over which should be placed a wrapping of oil silk, to retain the heat. Strips of newspaper will serve the same purpose. Give a simple cathartic. Change the poultice every hour and a half, as the life of the patient will depend upon keeping the poultice hot. If allowed to grow cold, death may result. Many physicians are afraid to recommend poulticing, for the reason that people will neglect keeping them hot. To avoid these dangers, many physicians to-day recommend the use of antiphlogistine, of which a complete covering for the chest may be quickly made.

Another valuable aid in the treatment of this disease may be found in wrapping an ordinary brick in a flannel cloth which has been dipped in hot vinegar, and applying it to the feet of the patient.

Let milk be the chief diet.

Poisons

Poisons are of two classes—narcotics and irritants. To the former belong laudanum, morphine, etc., and under the latter head are classed carbolic acid, strychnine, rat poison, vitriol, etc. For the latter, vomit the patient at once, and summon a physician without delay. Give large doses of salt and water or mustard and water, or any powerful emetic there is at hand. If the patient is too much overcome to swallow an emetic, a stomach pump must be used. Give large quantities of strong coffee without milk or sugar to the person overcome with a narcotic, and walk him up and down, back and forth, ceaselessly, until the physician arrives. On no account stop the constant exercise, and if the patient shows signs of succumbing while walking, stick a needle into his flesh from time to time to restore consciousness.

It is of first importance, however, that poisons should be kept by themselves, out of the reach of irresponsible members of the family. A small medicine closet that fastens high on the wall can be purchased for very little. In this all poisons should be clearly marked "Poison," and then each bottle should be labeled with the name of the particular poison which that bottle contains, with its antidote in small letters, so as not to be mistaken for that of another.

Ivy Poisoning

Bathe the parts affected by poison ivy in saleratus water, using it frequently. The poison can be dissolved and removed by washing the irritated parts first with alcohol (whisky or brandy will do) and then with water. Another remedy is to use sour milk heavily salted; put on the affected part with a soft sponge, and allow it to dry on.

Poison Oak

Apply with a soft camel's-hair brush a fifty-per-cent aqueous solution of ichthyol, and have it dry before subjecting it to the friction of the clothes.

Quinsy

(See "Sore Throat," page 274.)

Rheumatism

The best preventive and curative of rheumatism is the drinking of large amounts of water between meals. Avoid all sweet articles of food.

Lemon juice is a useful adjuvant to other measures in acute rheumatism, and it should not be forgotten, because it is generally extremely grateful to the patient. A tablespoonful every two or three hours constitutes a dose. Lemonade may be given in generous quantities. Oil of wintergreen may be used for bathing the swollen parts. Powerful applications should be avoided—in fact, any extreme remedy should not be resorted to without the direction of a physician.

Skin Diseases

Where the eruption is not due to blood trouble, sulphur soap is recommended for certain diseases of the skin. (See "Eczema," page 267.)

There is no better skin food than cocoa butter.

Sleeplessness

(See "Insomnia," page 270.)

Sore Throat—Quinsy—Tonsilitis

Chlorate of potash, twenty or thirty grains to an ounce of water, used as a gargle will relieve soreness of the throat. A treatment similar to that given for hoarseness and cold on the chest is also beneficial. Soak the feet in hot mustard water before retiring, and open up the bowels by taking a cathartic.

Spinach

Prominent specialists claim that spinach is the most precious of vegetables, on account of its medicinal and strengthening properties. The emollient and laxative virtues of spinach, owing probably to the salts of potash it contains, have long been known. It is excellent for the liver, and as a consequence freshens the complexion.

Stings

The sting of a wasp or bee should be bathed with ammonia water.

One of the best remedies for a bee sting is the juice of roasted onion. Roast the onion in the ashes, and squeeze the juice out hot on the affected part.

Fainting is sometimes produced by the stings of a number of bees. In such cases stimulants—wine or brandy—should be given.

Stomach Disorders

In cases of disordered stomach, when it will retain nothing, the thirst can generally be quenched by the giving of an enema consisting of eight ounces of lukewarm water. (See "Nausea," page 272; "Dyspepsia," page 266.)

Stuttering

Stuttering may be cured by having the patient speak sentences with prolonged vowels and short consonants. At the first lesson many sentences are spoken easily and fluently. The psychic effect is soon apparent, the patient gaining confidence in his ability to speak plainly, and the result is excellent in a very short time.

Sunburn

For sunburn use the following mixture: Fresh cucumber juice, eight ounces; oil of sweet almonds, two ounces; powdered castile soap, one ounce; essence of cucumbers, three ounces; tincture of benzoin, twenty drops; boric acid, fifteen grains.

Wash and slice two large green cucumbers; boil in a porcelain kettle with a scant half cupful of water until soft and pulpy; cool, and strain through muslin. Measure off one and one half ounces, and add an equal amount of alcohol. Let this mixture stand over night, and in the morning add the powdered soap, then eight ounces of the cucumber juice; boil slowly, and add the benzoin. Shake thoroughly fifteen minutes, pour in the boric acid, shake again in five minutes, and it is ready for use. (See "Treatment of Burns," page 263.)

Sunstroke

A person suffering from heat prostration should not be carried any distance before aid is given him. His clothing should be removed, his head raised slightly, and ice applied to his forehead. He should rest for a time in as cool a place as possible. Small doses of brandy may be administered.

Swallowing Sharp Articles

When a child swallows a tack or other sharp article, the bark of slippery elm chewed into a pulp and swallowed will form a coating around the object and will prevent cutting or puncturing; if lead or copper, it will prevent poison. Slippery elm is a laxative and its use would probably cause a mild movement of the bowels. If it did not, the flaxseed tea recommended for constipation should be given, or any mild cathartic. Where a child is too young to chew the bark, stir the ground bark into a mush with warm water, and feed it in this way, giving at least a cupful before stopping, or within an hour. Continue the treatment for two or three hours until the foreign substance is ejected.

When a fish bone sticks in the throat, and cannot be gotten up, a raw egg taken immediately will usually carry down the offending bone.

Tan

Fresh, ripe tomatoes are said to form an excellent application for a tanned face. Simply cut the tomato in half, rub the face thoroughly with it, and allow the juice to remain in the pores for five minutes, or over night if badly tanned.

One of the best things is to bathe the face every night in very warm water, using a crash cloth and olive-oil soap. Then, after drying the face thoroughly, rub in a little cold cream. This opens up the pores of the face, and is likely to bring back the complexion to its normal condition. A good way to prevent tan is to bathe the face thoroughly with witch hazel, diluted one half, after being out in the sunshine or the wind, or in any way so exposed as to bronze the skin.

Tomatoes

The effect of tomatoes upon the stomach, liver and bowels is very beneficial. They may be eaten raw or cooked, but their good effect should not be destroyed by the use of much sugar or vinegar. Tomato soup is an excellent food for the sick.

Tonsilitis

A cold, raw potato grated with the skin on, and applied as a poultice to the throat in angina, tonsilitis and quinsy, often relieves as if by magic. Renew when warmed through.

(See "Sore Throat," page 274.)

Toothache

Compound tincture of benzoin will stop an aching tooth if a little cotton is saturated with it and put in the tooth. The simple tincture is a toilet preparation, and the compound tincture is a medical preparation. It forms an air-tight coating wherever applied.

Tuberculosis

(See "Consumption," page 265.)

Warts

Any one who negligently permits these unsightly blemishes to remain on his hands or face is lacking in self-respect. He need only to procure a little of aqua fortis, which by means of a broomstraw or fine toothpick should be applied lightly to the top of the wart—a mere touch is sufficient at one time—not permitting the fluid to run to the sound cuticle. After several such applications the wart will have dried up and disappeared.

Water

Persons suffering from disease caused by the continued use of alkaline waters should use boiled or distilled water, which is within reach of every household.

Cold Water Without Ice

It frequently happens that ice cannot be obtained for use in the sick room. In such an event it is only necessary to procure a pitcher of cold water and place about it a towel soaked in a solution composed of two ounces of ammonium nitrate and one pint of water. In a very short time—about half an hour—very cold water will be on hand ready for immediate use.

Weariness

When one is completely tired out there is nothing so refreshing as a cup of hot milk. A gallon of milk added to the bath is also said to work like magic in banishing fatigue.

Whooping Cough

A tea made by steeping a handful of chestnut leaves in a pint of boiling water is an old remedy in the treatment of whooping cough. It should be sweetened, cooled, and given as a drink five or six times a day.

Wounds

(See "Poisonous Bites," page 262; "Cuts," page 266, and "Hemorrhage," page 270.)

Where it is not possible to have a physician immediately treat the wound made by a rusty nail, it may be washed with turpentine.

Where one is suffering from a severe

blow or fall, an alcoholic stimulant should not be administered. Water should be given as a drink.

If the extremities of the individual are cold, a hot-water bag or hot flannels should be applied, and the limbs may be rubbed with a rough towel.

Vinegar applied to the mouth and nostrils and cold water thrown in the face will have a reviving effect.

In severe, crushing wounds of the hands or feet it is never advisable to remove at once any loose shreds of tissues or badly mangled fingers and toes. Place the injured member in a large, wet dressing, after thoroughly washing it and stopping the bleeding. This will often enable the surgeon to save important parts that might at first have been sacrificed.

BOOK X.

Recipes of Famous American Cooks

BY

FANNIE MERRITT FARMER
Author of "The Boston Cooking School Cook Book."

MARION HARLAND
(By courtesy of the Philadelphia North American)
Author of "Marion Harland's Complete Cook Book," and, in Collaboration, of "The National Cook Book."

MARY J. LINCOLN
Author of "Mrs. Lincoln's Boston Cook Book."

CHRISTINE TERHUNE HERRICK
Author of "Consolidated Library of Modern Cooking and Household Recipes."

ELIZABETH O. HILLER
Principal of the Chicago Domestic Science Cooking School.

JANET McKENZIE HILL
Editor of "The Boston Cooking School Magazine."

BOOK X.

RECIPES OF FAMOUS AMERICAN COOKS

BREAD

BREAD in some form or another, is the staple starchy food of the civilized world, and many forms are characteristic of certain nations.

It is very essential that so universal a food should be as nutritious, palatable and digestible as the best of material and skill in making can produce. At the present time it is known that flour made of wheat is capable of making the most perfect loaf. Wheat flour contains all the food principles, though not in ideal proportions, the deficiency being in fat, as has already been stated. Wheat flour contains from eleven to thirteen per cent of protein in the form of gluten, a tough, elastic substance, which enables dough to retain the gas formed in it, which is a great aid toward the light spongy loaf.

Opinions differ as to just what constitutes the best bread. Some prefer water bread, some prefer milk and water bread, some like butter for shortening, others declare butter and lard in combination much better. The compressed yeast cakes are almost universally used for raised bread making, and produce uniformly good results if they are fresh, and it is almost always possible to get them fresh.

Sour bread means over-risen bread. If the cook has but the slightest knowledge of the chemistry of bread making sour bread is nothing but carelessness. Where bread dough is allowed to ferment by addition of yeast, the fermentation is alcoholic; where alcoholic fermentation continues too long, acetic fermentation sets in. Bread dough doubles its bulk before acetic fermentation is developed.

It must be remembered that yeast is a little plant, and if it is to grow and do its

Pop-Overs and Raised Hominy Muffins

work it must be wisely cared for. The conditions most favorable for its growth are food, moisture, warmth and air. The food is found in the flour, the moisture is supplied by the milk or water which is added, and upon the temperature of the liquid much of the success of the bread depends. It should be from sixty-eight to seventy degrees Fahrenheit, and bread dough should be kept at this uniform temperature throughout the rising. The quantity of yeast cake used is something to be determined; the usual proportion is one yeast cake for two cupfuls of liquid in making everyday white loaf, in which case the bread may be mixed, risen and baked in five hours. This enables one to watch the mixture through the entire process, seeing to it that the dough is never over-risen. If only one-fourth of a yeast cake is employed and the mixture is allowed to stand over night in summer there is danger of its becoming over-risen, while in winter just the reverse is true.

Bread needs care after being taken from the oven. It should be removed from the pans at once and placed on a wire bread or cake cooler, that there may be a free circulation of air around it. When the loaves are cool, put in a tin box or stone jar and cover closely. Never keep bread wrapped in cloth, as the cloth will absorb moisture and transmit an unpleasant taste to the bread.

Variety in bread is as important as variety in other articles of diet, and means much toward the health and happiness of the family.

Milk and Water Bread

Put one tablespoonful of butter, one tablespoonful of lard, one tablespoonful of sugar and one and one-half teaspoonfuls of salt in a bread raiser, or large earthen or granite ware bowl without a lip; pour on one cupful of boiling water and one cupful of scalded milk. When the mixture is lukewarm add one yeast cake dissolved in one-fourth of a cupful of lukewarm water, and five cupfuls of bread flour which has been sifted once. Stir until thoroughly mixed, using a mixing spoon or case knife; then add one cupful of sifted bread flour, mix thoroughly and turn on a floured board or cloth, leaving a clean bowl. Knead until the mixture is smooth, elastic to the touch, and bubbles may be seen under the surface. Return the mixture to the bowl, cover with a clean cloth kept for the purpose, and a board or tin cover. Let it rise at a uniform temperature of from sixty-eight to seventy degrees Fahrenheit until the mixture doubles its bulk, then cut it down; this is accomplished by cutting through and turning over the dough several times with a case knife, thus checking fermentation. Dough may be again raised and again cut down if it is not convenient to shape it after the first cutting. Toss on a slightly floured board or cloth; knead, shape into loaves, biscuit or rolls, and place in greased pans, having the pans nearly half full. Cover, let it rise again to double the bulk, and bake in a hot oven. This recipe will make a double loaf of bread and a pan of biscuit or finger rolls. Loaf bread requires from fifty to sixty minutes for the baking; rolls from fifteen to twenty minutes.

An Excellent Raising Pan

Shaping Loaves and Rolls

To shape bread dough in loaves, divide the dough in parts, each part of correct size for a loaf, knead it until smooth and shape in the form of a large biscuit, avoiding, as far as possible, seams in the under part of the loaf. Place two loaves in each pan, brushing between a little melted butter. Bread may be brushed over with milk or butter three minutes before removal from oven if a tender crust is desired.

To shape finger rolls cut off as many small pieces of uniform size as there are to be biscuits; shape into biscuits, then roll with one hand on part of the board where there is almost no flour until of the desired length, care being taken to make them smooth, of uniform size, and round at the ends. Place close together in a buttered pan in two parallel rows, and brush between with melted butter.

Bread Sticks

To one cupful of scalded milk add one-fourth of a cupful of butter, one and one-half tablespoonfuls of sugar and half a teaspoonful of salt. When lukewarm, add one yeast cake, dissolved in one-fourth of a cupful of lukewarm water, the white of one egg, well beaten, and three and three-fourths cupfuls of flour once sifted. Toss on a slightly floured board, knead, return to the bowl, cover, and let rise until the mixture has doubled its bulk. Shape, cover again, let rise, and start baking in a hot oven, reducing the heat after the first five minutes, that the sticks may be crisp and dry. To shape the sticks, first shape as small round biscuits; roll on the board (where there is no flour) with the hands until six inches in length, keeping of uniform size, and with rounded ends. This may be best accomplished by bringing the fingers close to, but not over, the ends of the sticks. Serve a bread stick in the fold of each napkin, Pile the remainder log-cabin fashion on a plate covered with a doily.

Entire Wheat Bread

Add one-third of a cupful of molasses and one teaspoonful of salt to two cupfuls of scalded milk. When lukewarm add one yeast cake dissolved in one-fourth of a cupful of lukewarm water, three and one-fourth cupfuls of entire wheat flour and two and three-fourths cupfuls of white flour (both sifted once), then proceed as with milk and water bread. It makes an agreeable change with a delicious crusty gem, commonly called entire wheat gems, as the result, to shape some of this mixture in small biscuits and put in buttered iron gem pans for the last rising and baking.

Boston Brown Bread

Mix and sift one cupful of rye meal, one cupful of granulated corn meal, one cupful of Graham flour, one teaspoonful of salt and three-fourths of a tablespoonful of soda. Add three-fourths of a cupful of molasses, and two cupfuls of sour milk; stir until well mixed, turn into a well-buttered mold or molds (having mixture fill mold two-thirds full), fit on buttered cover, or covers, tie down with a string, place on a trivet in a kettle containing boiling water, allowing water to come half-way up around mold or molds, cover closely and steam three and one-half hours, adding more boiling water as needed. A melon mold or three one-pound baking powder boxes make the most attractively shaped loaves, but a five-pound lard pail answers the purpose. If steamed in baking powder boxes, two and one-half hours is a sufficient time to allow for the cooking. If the covers are not tied down the bread in rising is liable to force them off. By the way, if sour milk is not at hand one and three-fourths cupfuls of sweet milk may be substituted; if the milk is not at hand one and three-fourths cupfuls of water may be substituted, when, in either case, only one-half a tablespoonful of soda would be needed.

Graham Bread

Two and one-half cupfuls of hot liquid (water, or milk and water), one third of a cupful of molasses, one and one-half teaspoonfuls of salt, one yeast cake dissolved in one-fourth of a cupful of lukewarm water, three cupfuls of Graham flour, and three cupfuls of white flour.

Combine and deal with the materials as in making other breads; the bran remaining in the seive after sifting Graham flour should be discarded.

Gluten Bread

Dissolve one-half cake of compressed yeast in two cupfuls of lukewarm water, sift three cupfuls of gluten flour and one scant teaspoonful of salt into it; mix well and beat thoroughly. The mixture must not be kneaded; set it to rise in a warm place, and in two hours, or when light, add one tablespoonful of flour; beat again for two minutes, turn into a buttered pan, set to rise, and when light bake in a moderate oven for forty-five minutes. Cut slices of wafer-like thinness and brown delicately over a clear fire.

Oak Hill Bread

Add two cupfuls of boiling water to one cupful of rolled oats and let stand one hour; add half a cupful of molasses, half a tablespoonful of salt, one-half of a yeast cake dissolved in half a cupful of lukewarm water, and four and one-half cupfuls of flour. Let rise, beat thor-

oughly, turn into buttered bread pans, let rise again and bake. By using half a cupful less of flour the dough is better suited for biscuits, but, being soft, is difficult to handle. To make the shaping of the biscuits easy, take up the mixture by spoonfuls, drop into a plate of flour and have the palms of the hands well covered with flour before attempting to shape the dough.

Salt Rising Bread

At noon the day before you bake take one small potato; cook and mash and scald one cupful of corn meal in the water the potato was cooked in. Put in a warm place over night. Next morning it ought to be very light and puffed up. Take one quart of lukewarm water, stir in one teaspoonful of salt, and flour enough to make a stiff batter. Then put your meal in and set in a warm place. As soon as it raises and gets light, mix with about two quarts of flour, to which add one tablespoonful of lard and a little salt. Make a stiff dough (always using lukewarm water) and mold into loaves any size you like. Let raise again until very light before putting into the oven. It is better to make salt rising bread into large loaves.

Beaten Biscuits

Into one quart of sifted flour work well one tablespoonful each of lard and butter and one saltspoonful of salt. After this is well worked in, moisten with one-half pint of sweet milk, and make into a stiff dough. Lay on a smooth board, and beat with a hatchet or a flat-iron until it blisters. This will take from twenty-five to thirty minutes. Then make into small round biscuits about half an inch thick, molding them with your hands. Pass the rolling pin over the top to make them smooth, stick twice deeply with a fork, and bake in a quick oven until light brown. The dough can be rolled out to the desired thickness and cut round with a small cutter, but the method given above is considered better.

Emergency Biscuit

The reason for some cooks never being successful in the preparation of biscuit lies in one of these two facts: Either they do not work quickly enough, or they do not have sufficient oven heat to bring the mixture up quickly. As soon as moisture (milk in this case) is added to a baking-powder mixture the baking powder begins its work.

Southern Beaten Biscuits

To two cupfuls of pastry flour (measured after one sifting) add four teaspoonfuls (level) of baking powder and one-half of a teaspoonful of salt, and sift twice. Work in two tablespoonfuls of butter, using the tips of the fingers, then add gradually three-fourths of a cupful of milk, mixing quickly with a case knife. Drop by tablespoonfuls on a buttered pan, half an inch apart, and bake in a hot oven ten minutes.

Corn Bread

Two cupfuls of sour milk, one-half cupful of sugar, two cupfuls of corn meal, one cupful of flour, two small teaspoonfuls of soda dissolved in milk, a small

FANNIE MERRITT FARMER
Author of "The Boston Cooking School Cook Book"

piece of butter, melted, salt, one stiffly beaten egg, and the white added last. Bake thirty minutes in a quick oven.

Virginia Batter Bread

Scald one pint of yellow corn meal with boiling water, then add one tablespoonful of butter, two eggs, one teaspoonful of salt, one-half teaspoonful of soda, and enough sweet milk to make a batter a little thicker than for pancakes. Bake in a slow oven.

Beaumont Muffins

Beat three eggs very light separately, then add to them two cupfuls of sweet milk and two tablespoonfuls of melted butter. Stir in slowly one quart of flour and one teaspoonful of salt. Add two tablespoonfuls of yeast. When well risen, stir well and drop from a large spoon into the baking pan. Bake very quickly.

English Muffins

Dissolve half a yeast cake in one pint of warm milk and water—mixing these in equal parts—and add one teaspoonful of salt. Into this stir enough flour to make a batter that is too thick to be stirred easily and is yet too soft to handle. About one quart of flour will be required. Set to rise, and when the dough is ready bake it in rings on a floured griddle. Let the muffins become almost cooked through before turning them.

The real English muffin is not baked in a ring, but is formed with the hands. This is a very difficult job for a person who is not accustomed to it, and on that account the rings are preferable. Even then it is better to try the muffins for the first time when one has no company, instead of making them for guests as an experiment.

Prepare the muffins the day before they are to be eaten, and when they are to be served, toast them on both sides, tear them open, and lay butter between them. Let them get hot in the oven, so that the butter will melt before you send them to the table.

Raised Hominy Muffins

Mix one cupful of warm cooked hominy mush, one-fourth of a cupful of butter, one cupful of scalded milk, three tablespoonfuls of sugar and half a teaspoonful of salt. When lukewarm add one-fourth of an yeast cake dissolved in one-fourth of a cupful of lukewarm water. Cover and let rise over night. In the morning cut down, fill hot buttered gem pans two-thirds full, let rise, and bake in a moderate oven.

Pop-Overs

Mix one cupful of pastry flour (once sifted) and one-fourth of a teaspoonful of salt. Add gradually while stirring constantly seven-eighths of a cupful of milk in order to obtain a smooth batter. Add two eggs, beaten until light, and half a teaspoonful of melted butter. Beat two minutes, using an egg beater. Turn into hot buttered earthen cups (which come for the purpose), and bake in a hot oven from thirty to thirty-five minutes. Hot buttered iron gem pans may be used if one is not the possessor of the pop-over cups.

Jefferson Rolls

Boil one pound of Irish potatoes, and mash smooth, and cream into them two tablespoonfuls of butter and one of lard. Work in a little flour, to cool the potatoes, before adding the other ingredients. Three pints of flour should be used for the rolls. Beat three eggs with two tablespoonfuls of sugar, add to the potatoes, and work in the remainder of the flour, to which add one teaspoonful of salt. Add three tablespoonfuls of yeast, and make up with sweet milk to the consistency of loaf bread. Rise over night. In the morning roll on a floured biscuit board, and cut into round biscuits, each one being about an inch thick. Let them rise two hours, and bake in a quick oven.

Rusks

One quart of hop-yeast dough, two eggs, one and one-half cupfuls of sugar, one-half cupful of cream, flour to thicken. Make into oblong rolls, let rise, bake a light brown and cover with a glace of sugar, moistened with cream and flavored with ground cinnamon.

Batter Cakes "Befo' de Wah"

Heat one pint of milk almost to boiling, stirring in it one tablespoonful of

butter. Stir gradually into the hot milk one pint of sifted corn meal and one small teaspoonful of salt. When cool, add two eggs beaten light (not separately) and one tablespoonful of sifted flour. Beat the batter until light. It must be quite thin. Have the griddle very hot, and grease with lard. Pour the batter from a large spoon, and turn the cakes. They must be very thin and very brown.

Buckwheat Cakes

Take one quart of buttermilk, one teaspoonful of baking-soda, one teaspoonful of salt; mix these together, then take pure buckwheat, mixing it with flour in equal quantities, and make a batter just thick enough for the cakes to turn easily. Serve with good butter and maple syrup.

Waffles

Mix and sift one and three-fourths cupfuls of flour, three teaspoonfuls of baking powder, and one-half teaspoonful of salt; add gradually, one cupful of milk, the yolks of two eggs well beaten, one tablespoonful of melted butter, and the whites of two eggs, beaten stiff. Cook on a greased hot waffle-iron and serve at once with maple syrup. A waffle iron should fit closely on the range, be well heated on one side, turned, heated on the other side, and thoroughly greased before the iron is filled. In filling put a tablespoonful of the mixture in each compartment near the center of the iron, cover, and the mixture will spread to just fill the iron. If sufficiently heated, it needs to be turned almost as soon as filled and covered. In using a new waffle iron care must be taken in greasing or the waffles will stick.

Milk Toast

Melt five tablespoonfuls of butter in a graniteware sauce pan, add three and one-half tablespoonfuls of flour, and stir until thoroughly blended; then pour on gradually, while stirring and beating constantly, two cupfuls of scalded milk. Bring to the boiling point, and season with salt; then put in a double boiler, to avoid all danger of scorching. Dip seven slices of toast separately in sauce; when soft, remove to a hot serving dish, and pour the remaining sauce over all. If the bread from which the toast has been made is quite stale it is well to remove the crusts; otherwise the crusts may or may not be removed, according to taste.

SOUPS

OUPS are naturally divided into two great classes; soups with stock, and soups without stock. The former includes brown soup stock, bouillon, consommé, white soup stock and lamb stock; the latter, cream soups, purées and bisques. Of course bouillon must always be made of beef, as must brown soup stock. White soup stock must be made from chicken or veal, while consommé is made from two or three kinds of meat, usually beef, veal and fowl.

Essential Ingredients

The essential ingredients for the seasoning of stock soups should always be kept on hand. The list though of considerable length contains only such things as are inexpensive and easily procured—turnips, carrots, celery, onions and parsley for vegetables; thyme, savory, marjoram and bay leaf for dried sweet herbs, and cloves, allspice berries and peppercorns for spices. Then, again, canned vegetables should always be in the house to draw on for soups when needed.

Of the different meats used in soup making, beef takes the highest rank for economy and general utility. It may be used alone or combined to advantage with other meats, and every remnant of roasts or steaks should be saved to make stock for a soup or sauce. The best cuts of beef for soup making come from the fore or hind shins (which contain marrow bone), the middle cuts being most desirable. If the lower part of the shin is used, the soup, although rich in gelatine, lacks flavor unless a cheap piece of lean meat is used with it.

Meat, bone and fat must be used in the right proportions for the best results.

Allow two-thirds lean meat, the remaining one-third bone and fat. From the lean meat the soluble juices, salts, extractives (which give color and flavor) and a small quantity of gelatine are extracted; from the bone, gelatine (which gives the stock when cold a jelly-like consistency) and mineral matter. Some of the fat is absorbed; the remainder rises to the top, and should be removed.

Soup stocks always take much time for their preparation, but cream soups, purées and bisques (whose principal ingredients are vegetables or fish with milk) are quickly put together.

Cooking Utensils

Suitable cooking utensils naturally render all cooking easier. Sharp meat knives, hardwood boards, purée strainers having meshes of different sizes, soup digester or covered granite kettle, stew pans, sauce pans, double boilers, etc., are great conveniences in soup making.

Utensils Needed in Making Cream Soups

Many soups may be evolved from any stock. Clear soups are stock of some kind clarified; other soups derive their names from the additional element which may give consistency or flavor or combination of materials which have themselves a predominant characteristic.

To Clear Soup Stock

How to clear soup stock is the first thing to learn in the art of soup making. Measure the cold stock, from which the fat on the top has been removed, and for each quart allow the white and shell of one egg. Beat the white of the egg slightly, add the crushed shell and the cold stock, and mix all well together. Place on the front of the range, and stir constantly until the boiling point is reached, then let it boil two minutes. Set back where it may simmer twenty minutes. Remove the scum from the top with a skimmer, and strain through a double thickness of fine cheese cloth placed over a fine strainer. Soup may be cleared before it is needed, and simply reheated for serving, but no salt, pepper or seasoning must be added after the clearing is effected.

To Bind Soups

To bind cream soups and purées (which if allowed to stand would separate), melt butter, and when bubbling add an equal quantity of flour; when well mixed add to boiling soup, stirring constantly.

Brown Soup Stock

Wipe six pounds shin of beef, and cut the lean meat in inch cubes. Brown one third of the meat in a hot iron frying pan with marrow from the bone. Put remaining two-thirds with bone and fat in soup kettle, add three quarts of cold water, cover, and let stand thirty minutes. Place on back of range, add browned meat, and heat gradually to the boiling point. As scum rises it should be removed. Cover, and cook slowly six hours, keeping just below the boiling point during the cooking. Add one-half teaspoonful of peppercorns, six cloves, half a bay leaf, three sprigs of thyme, one sprig of marjoram, two sprigs of parsley, one-half

cupful each of turnip, celery and onion cut in small pieces, and one tablespoonful of salt. Let simmer one and one-half hours, then strain, and cool as quickly as possible.

Brown soup stock is often served as a soup course, and it is the foundation of innumerable soups and sauces.

Bouillon

For bouillon, wipe and cut five pounds of lean beef from the middle of round in inch cubes. Put two-thirds of the cubes in the soup kettle, add three quarts of cold water, cover, and let stand thirty minutes. Brown the remainder in a hot frying pan with the marrow from two pounds marrow bone. Add browned meat and marrow bone to soup meat. Cover, heat gradually to the boiling point, skim thoroughly, and cook five hours at a temperature just below the boiling point. Add one teaspoonful of peppercorns, one and one-half tablespoonfuls of salt and one-third of a cupful each of carrot, turnip, onion and celery cut in small pieces. Cook one hour, then strain, and cool. Remove fat, and clear. Serve in heated bouillon cups.

Consomme

For consommé, cut three pounds of beef from poorer part of round in one-and-one-half-inch cubes, and brown one-half in a hot frying pan in marrow from one pound marrow bone; put remaining half in soup kettle, add three quarts of cold water, and three pounds knuckle of veal cut in pieces; then add browned meat and bones. Cover, and let stand one hour. Heat slowly to the boiling point, and let simmer three hours, removing scum as it forms on top. Add one quart of liquor in which a fowl was cooked, and let simmer two hours. Cook one-third of a cupful each of carrot, turnip and celery cut in small cubes and one-third of a cupful of sliced onion in two tablespoonfuls of butter five minutes, stirring constantly. Add to the soup with one tablespoonful of salt, one teaspoonful of peppercorns, four cloves, three sprigs of thyme, one sprig of marjoram, two sprigs of parsley and half a bay leaf. Cook one and one-half hours, strain, cool quickly, remove fat, and clear.

Variations of Consomme

Familiar variations of consommé are briefly explained as follows:

Consommé à la Royal is consommé with royal custard; Consommé Princess is consommé served with green peas and small cubes of chicken; Consommé aux Pâté is consommé with noodles, macaroni, spaghetti or any Italian paste; Consommé with vegetables is consommé with French string beans and cooked carrots cut in fancy shapes. There are many others—too many, in fact, to enumerate.

White Soup Stock

White soup stock as used in American cookery is the liquor in which a fowl or chicken has been boiled, but the French chef always keeps on hand a white soup stock made from a knuckle of veal.

Bouillon Supreme

Cook two tablespoonfuls of tapioca in two quarts of bouillon until it is smooth, but not thick. When it is done (in about thirty minutes), put the yolks of raw eggs (one for every two persons) in the bottom of the tureen, pour on the hot soup, and beat to a frothy cream.

Clam Bouillon

Wash and clean the shells of a hundred clams, and boil until they open their shells. Take out and drain in a colander, and extract from the shells. Mix with one quart of the liquor two quarts of rich milk, a few whole peppercorns, some blades of mace and a handful of the leaves of sweet marjoram finely minced, then add the clams, and boil for an hour. Add one-half pound of butter made into little dumplings with flour and one pint of grated bread crumbs. Let boil fifteen minutes, then pour the bouillon off, leaving the clams in the pot. Serve hot.

Amsterdam Clam Soup

Thoroughly wash one-half peck of hard-shelled clams. Put in a kettle with one-fourth of a cupful of hot water, cover, and cook until the shells open. Drain the liquor from the clams, and strain through a double thickness of cheese cloth, and add enough boiling water to make one quart of liquid. Cook one tablespoonful of finely chopped onion and two tablespoonfuls of grated carrot in two tablespoonfuls of butter five minutes; add two tablespoonfuls of flour, and stir until

well blended, then pour on gradually, while stirring constantly, the clam water. Bring to the boiling point, strain, add one cupful of cream, the yolks of two eggs and salt and pepper to taste. Many prefer the addition of a slight grating of nutmeg. Serve in bouillon cups for luncheon or soup plates for dinner.

Celery Soup

Break three stalks of celery in one-inch pieces, and pound in a mortar. Cook in a double boiler with one slice of onion and three cupfuls of milk twenty minutes. Melt three tablespoonfuls of butter, add three tablespoonfuls of flour, and stir until well blended, then pour on gradually, while stirring constantly, the hot liquid. Season with salt and pepper, add one cupful of cream, strain, and serve at once.

Chestnut Soup

Remove the shells of fifty chestnuts; place them in an earthen dish, and set them in the oven for about thirty minutes, being careful that they do not burn. When they peel easily, remove from the oven, and stew them in one quart of good chicken broth, until soft, then mash through a colander. Lay in a stew pan a slice of bacon, one pound of veal, a pigeon cut in small bits, sweet herbs, an onion, a little pepper, mace, and a small carrot cut in dice. Set over the fire, and simmer until it begins to stick to the pan, then lay in a crust of bread, and pour over all two quarts of broth. Let it boil softly, then strain, and add the chestnuts, more of the chicken broth if necessary, and one-half pint of sweet cream. Season to taste with pepper and salt, and serve hot.

Chicken Soup

A chicken or fowl, either whole or divided, may be used. After removing the pin feathers, hairs, entrails, oil-bag, crop and windpipe, clean it—not by soaking in cold water, but by wiping it quickly inside and outside with a wet cloth. Lay it on a trivet, breast up, in a large kettle, with about three cupfuls of boiling water, or enough to nearly half cover it. See that the cover of the kettle fits tightly, and let it come to the boiling-point quickly. Remove the scum, add one teaspoonfull of salt, then let it cook slowly—merely a bubble on one side—until tender in the joints. Then remove the meat, strain the liquor, and when cold remove the fat.

The stock may be reduced with any proportion of milk desired—from one cupful, one pint or one quart of milk to each pint of the stock. Heat it to the boiling-point, and thicken it with flour or corn starch cooked in hot butter, allowing one rounded tablespoonful of butter and one rounded tablespoonful of flour (or one level tablespoonful of corn starch) to each pint of the liquid mixture. Melt the butter in a sauce pan, stir in the flour, and when blended add gradually about half of the hot soup. When smooth stir it into the remainder of the soup, and season with salt and pepper; or vary it by using celery salt, minced green pepper or a bit of mace, as preferred.

Cream of Asparagus

For one large bunch of asparagus use one quart of weak stock (veal or chicken preferred), one pint of milk, two tablespoonfuls of butter made into a roux with the same quantity of flour, one teaspoonful of minced onion, salt and white pepper to taste. Cut the tips off the asparagus. They should be of uniform size, about one and one-half inches in length. Cut the stalks into inch lengths, and cook slowly in the stock for an hour after the boil begins. Meanwhile boil the tips tender in a little salted water, and set aside. Strain the soup when the stalks are soft and broken, rubbing well through a colander or vegetable press. Return to the fire with half of the reserved tips, season, and as soon as it boils rub again through the colander. Put over the fire a third time, thicken the hot milk with the roux of butter and flour, stir into the soup, finally add the reserved whole tips, bring to a boil, and serve.

Cream of Tomato Soup

Put a quart of tomatoes in a kettle, add one cupful of water, and boil for about ten minutes; season with salt, pepper and sugar to taste, then add half a teaspoonful of soda just before pouring in a pint of milk; add a cupful of cream in which a little flour has been blended. Boil up, and serve with oyster crackers.

Gumbo Soup

Joint a young chicken and brown in

equal parts of lard and butter, then simmer in two quarts of water until very tender. Remove all bones, and cut the meat in small pieces; return to the broth after skimming off the grease, and add one cupful of okra which has been sliced, floured and fried, six sliced tomatoes, two chopped onions, one cupful of diced celery, salt, pepper and one teaspoonful of sugar. Cook slowly for thirty minutes, then add one pint of sweet milk or cream in which one teaspoonful of corn starch has been dissolved. Let it come just to the scalding point, as the milk curdles if allowed to boil.

Onion Soup

Take a good-sized onion, peel it, and cut it into very small pieces. Put in a sauce pan one tablespoonful of fat, or a piece of butter the size of an egg. When melted, put in the onion, and let cook until tender. Then set the sauce pan over a brisk fire, and keep stirring until the onion is quite browned, but do not let it burn. Add quickly one and one-half pints of boiling water, or half water and half milk, and season with salt and pepper. Bring to a boil, and pour over browned bread in the tureen.

Oyster Bisque

The ingredients necessary are one quart of oysters, one cupful of hot milk, one heaping tablespoonful of butter, one-half cupful of cracker crumbs, one even teaspoonful of corn starch, one egg beaten light, paprika and salt to taste. Drain the oysters of every drop of juice, and chop them fine. Heat the liquor to a boil, season, and stir in the minced oysters. Meanwhile scald the milk in a sauce pan with a pinch of soda, stir in the butter rolled in the corn starch, and the cracker crumbs, and boil for two minutes. Have ready the beaten egg; pour the thickened milk upon this, beating all the while; add the oysters, stir over the fire for half a minute, and pour into a heated tureen.

Oyster Soup

Clean one quart of oysters by placing them in a colander set in a stew pan, and pouring over them three-fourths of a cupful of cold water, and then carefully pick over the oysters. Put in a chopping tray and chop slightly. Add oysters to the liquor which has drained through colander, heat slowly to the boiling-point, and let simmer twenty minutes; then strain through a double thickness of cheese cloth placed over a wire strainer. Melt one-third of a cupful of butter in a granite-ware sauce pan, add one-third of a cupful of flour, and stir until well blended. Then pour on gradually, while stirring constantly, the strained oyster liquor, and bring to the boiling point, stirring and beating with a wire whisk.

Cream of Oyster Soup

Chop two quarts of oysters fine, and boil for twenty minutes in their own juice, to which has been added one pint of cold water. Melt four rounded tablespoonfuls of butter, and stir into it three rounded tablespoonfuls of flour. When boiling hot add slowly three pints of hot milk, stirring until thick and smooth. Then add the oysters, season with salt, pepper and a dash of red pepper. Strain, and serve in bouillon cups.

Pea Soup

Drain and thoroughly rinse one can of Marrow-fat peas; add two teaspoonfuls of sugar and two cupfuls of cold water, bring to the boiling point, let simmer twenty minutes, and force through a purée strainer. Scald one pint (two cupfuls) of milk with one slice of onion; remove onion, and add milk slowly to peas. Bind with two tablespoonfuls of butter and two tablespoonfuls of flour cooked together. Season with one teaspoonful of salt, and one-eighth of a teaspoonful of pepper.

Puree of Split Peas

Pick and wash one-half pint of split peas. Put them into a sauce pan with two quarts of cold water, one small carrot, one onion, three leeks, a little celery, one-half pound of salt pork, and pepper. Set over a slow fire, and when it boils let simmer for four hours. Take out the pork, and press the rest through the colander. Return to the fire, bring to a boil, then serve with croûtons. The pork could be omitted, and replaced by butter the size of an egg, stirred in and melted just before serving.

Petite Marmite

This is a foreign soup sufficiently hearty to constitute the principal dish for a

simple home luncheon. Wash and scrape celery, and cut in one-inch pieces; there should be one-half cupful. Wash and pare turnip, cut in three-fourths-inch slices, then cut slices in pieces; there should be two-thirds of a cupful. Wash and scrape carrot, and cut in eighths lengthwise, then in halves crosswise; there should be one-half cupful. Cook vegetables separately in boiling salted water to cover, then drain. Mix two cupfuls of chicken stock and two cupfuls of brown stock, then add the cooked vegetables and one and one-half cupfuls of cold boiled fowl cut in pieces. When thoroughly heated serve in the covered bowls designed for this purpose, allowing two one-and-one-half-inch cubes of toasted bread to each portion, it being placed in the dish before the soup is poured in.

Tomato Soup without Stock

Open one quart can of tomatoes, and turn from the can at once into a graniteware stew pan or sauce pan. Cases of ptomaine poisoning would be less frequent if canned goods were always removed from the can as soon as it is opened, and allowed to stand exposed to the air for half an hour or so, in order that they might become exoxygenated. Again, it must be remembered that tomatoes must be stirred with a graniteware, wooden or silver spoon. They contain an acid, and when exposed to the air and brought in contact with an iron or tin surface a poisonous compound may be formed. This rule should be applied to all fruits, which, like tomatoes, contain acids, sometimes one, sometimes more than one. To the tomatoes add two cupfuls of water, twelve peppercorns, four cloves, a bit of bay leaf, one slice of onion and two teaspoonfuls of sugar. Set on the front of the range, bring to the boiling point, and let boil for twenty minutes. Peppercorns, cloves, bay leaf and the like should be kept on hand. They are very inexpensive, and are a great addition to soups, sauces and many rechauffés. After the tomatoes have cooked for twenty minutes, force through a purée strainer (leaving little but the seeds behind), using a wooden potato masher, and add two teaspoonfuls of sugar and one-eighth of a teaspoonful of soda. Melt two tablespoonfuls of butter, add three tablespoonfuls of flour and stir constantly until well blended. Then pour on, gradually, the hot mixture, while stirring constantly, bring to the boiling point and strain into a tureen. If the soup were not "bound" with the butter and flour cooked together, and allowed to stand, it would soon separate.

Vegetable Soup

This soup may well serve as the central dish for a family luncheon. Wash and scrape a small carrot, then cut in quarters lengthwise; cut the quarters in thirds lengthwise, then cut the strips thus made in thin slices crosswise. Wash and pare half a turnip, and cut and slice the same as the carrot. Wash and scrape celery, and cut in quarter-inch pieces. Wash, pare, and cut potatoes in small pieces. There should be one-third of a cupful each of carrot and turnip, one-half of a cupful of celery and one and one-half cupfuls of potato. Mix carrot, turnip and celery with half an onion cut in thin slices, add four tablespoonfuls of butter, and cook ten minutes stirring constantly. Add potatoes, cover, and cook two minutes, then add one quart (four cupfuls) of boiling water, and boil one hour. Beat with a fork to break the vegetables, add one tablespoonful of butter, one-half tablespoonful of finely chopped parsley, and season with salt and pepper.

MEATS

HE meats which we consume most largely as food come from our own domestic animals, and among them all beef holds first place as regards nutritive value and consumption. Fresh beef can be eaten longer continually than any other kind of meat, without exciting a distaste for it. The expensive cuts which are taken from the hind quarter are suitable for broiling and roasting. Many of the cheap cuts, though equally nutritious, need long slow cooking to render them easy of digestion. With a little experience in marketing one can soon become a judge of first-quality beef. The quality

of beef depends largely on the age of the creature and the manner of feeding. The best beef comes from a steer of four or five years. Good beef should be firm and of fine-grained texture, bright red in color and well mottled and coated with fat. The fat should be firm, and of a yellowish color.

The cuts of beef desirable for broiling are sirloin, porterhouse, cross-cut of rump, and second and third cuts from the top of round. Sirloin, porterhouse and rump steaks command about the same price per pound, but sirloin and porterhouse prove more expensive. While there is a greater loss in bone and fat, they are nevertheless more popular. The second and third cuts from the top of the round make a very juicy steak, but having a somewhat coarse fiber are not very tender.

All meats as soon as sent from the market should be taken from the paper in which they are wrapped and put on a platter in a cold place. If allowed to remain in the paper the paper absorbs some of the juices.

Roasting

Roasting is a cooking process that, like broiling, must be applied to the expensive cuts. Stewing and braizing render the less expensive cuts (which are equally nutritious), palatable and digestible. If one but learns the principles of roasting she can apply them to beef, lamb, veal or any other kind of meat, as she will.

There are four cuts of beef that are usually sold for roasting, namely: Tip of sirloin, middle of sirloin, back of rump, and first three ribs. The last mentioned contains more fat than either of the others, and is somewhat cheaper in price. For a small family a cut from the sirloin makes the most satisfactory roast, while for a large family the back of the rump makes a superior one. It is certainly more economical than the sirloin, for there is less loss in fat and bone. Still another thing may be said in its favor—it is very rich in juices, which assures an abundant supply of dish gravy. If properly cooked, the meat juices follow the knife.

Roast Beef

Wipe meat with a piece of cheese cloth wrung out of cold water, put on a rack in the dripping pan, skin side down, rub over with salt, and dredge the meat and the bottom of the pan with flour. See to it that the size of the pan corresponds to the size of the roast. Have you ever encountered roast beef gravy in which there were unsightly black particles? The beef was probably roasted in too large a pan. The fat which came from the meat could not cover the too-large surface of the pan and mix with the flour, so the flour burned. Place the meat in a hot oven, that the surface may be quickly seared, thus preventing the escape of juices. After the flour in the pan is browned reduce the heat and baste the meat with the fat in the pan, continuing the basting every ten minutes throughout the cooking. If this rule is followed one has a juicy roast.

A sirloin or rib roast weighing five pounds, if liked rare, requires about one hour and five minutes. A ten-pound roast of the same cut requires about one hour and a half. When the meat is about half done, turn it over and dredge with flour that the skin side may be uppermost for the final browning. Beef to be well roasted should be started in a hot oven and the heat decreased so that when carved the slices will be red throughout with a crisp layer of golden brown fat on top. Beef roasted at a temperature so high that the surface is hardened before the heat can pentrate to the center is most unsatisfactory.

Remove the roast to a hot platter, surround with roasted sweet potatoes, and garnish with parsley. Don't forget to have the serving plates heated. Serve with brown gravy.

Brown Gravy

Pour off the fat in the pan in which the meat has been roasted, return three tablespoonfuls of fat to the pan. Place on the front of the range, add three and one-half tablespoonfuls of flour and stir until well browned; then pour on gradually, while stirring constantly, one and one-half cupfuls of boiling water. Bring to the boiling point, let boil three minutes, season with salt and pepper, and strain.

Larded Fillet of Beef with Mushroom Sauce

The tenderloin of beef which lies under the loin and rump is called fillet of beef. The fillet under the loin is known as the

long fillet, and when removed no porterhouse steaks can be cut; therefore it commands a higher price than the short fillet lying under the rump. Two short fillets are often skewered together, and served in place of a long fillet. Wipe a fillet and remove fat, veins, and any tendonous portions; skewer in shape, and lard upper side with grain of meat. Place on a rack in a small pan, sprinkle with salt and pepper, dredge with flour, and put small pieces of fat salt pork in the bottom of the pan. Bake twenty to thirty minutes in a hot oven, basting three times during the cooking with fat in pan.

Fillet of Beef Showing the Process of Larding

Take out skewer, remove meat to a hot platter, and garnish with watercress. Serve with brown mushroom sauce.

Larding

Larding is introducing small pieces of fat salt pork or bacon through the surface of uncooked meat. Pig, not hog, pork being firmer is considered better for larding, and it should always be kept in a cold place, for it works more easily if well chilled. Remove the rind from the pork, and use that part which lies between the rind and vein. With a sharp knife remove quarter-inch slices; then cut slices in strips one-fourth of an inch wide. These strips should be about two and one-fourth inches long and are called lardons. To lard, insert one end of lardon into larding needle, hold needle firmly, and with the pointed end, take up a stitch one-third of an inch deep and three-fourths of an inch wide. Draw the needle through, care being taken that the lardon is left in the meat, and its ends project to equal lengths. Arrange lardons in parallel rows one inch apart, the stitches in the alternate rows being directly underneath one another. Lard the upper surface of cuts of meat with the grain, never across it.

Brown Mushroom Sauce

Cook one slice of onion with four tablespoonfuls of butter, stirring constantly until slightly browned; remove onion and stir butter until well browned; then add four and one-half tablespoonfuls of flour mixed with one-third of a teaspoonful of salt and one-eighth of a teaspoonful of pepper; brown the butter and flour. Then pour on gradually, while stirring constantly, one and one-half cupfuls of brown soup stock, and when the boiling point is reached add the caps from half a pound of mushrooms, cleaned, peeled, cut in slices, and sautéd in butter three minutes.

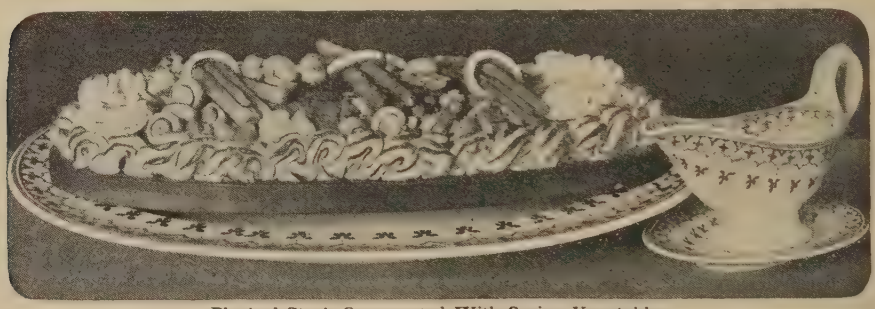
Pot Roast

Buy one and one-half pounds of stew meat, by which is meant any cheap lean cut of beef, taken from the fore quarter. Wipe with a piece of cheese cloth wrung out of cold water, and cut in one-and-one-half-inch pieces. Put in an earthen dish (a bean pot will answer the purpose)

or casserole dish one onion, peeled and sliced, eight slices of carrot cut one-fourth of an inch thick, two sprigs of parsley, one and one-half teaspoonfuls of salt, and half a teaspoonful of peppercorns. Add meat and two cupfuls each of hot water and canned tomatoes. Cover, and bake in a slow oven three and one-half hours. Half an hour before serving time thicken with three tablespoonfuls of butter worked until creamy, and mixed with three tablespoonfuls of flour, and add one cupful of canned peas, which have been thoroughly rinsed with cold water and allowed to become reoxygenated. Remove onion, carrot, parsley and peppercorns, and turn on a hot serving-dish.

ten seconds for the first minute, that the entire surface may be well seared, thus preventing the escape of juices. This is one of the points that cannot be forgotten in successful steak broiling, or any other meat or fish broiling, for that matter. After the first minute turn broiler occasionally until meat is well cooked on both sides. Steak cut one inch thick will take five minutes if liked rare; six minutes, if liked well done. Remove to a hot platter, spread generously with butter, and sprinkle with salt and pepper.

Steak to be properly served should be cut from the bone and then carved in thin finger-shaped strips at right angles to the bone.



Planked Steak Ornamented With Spring Vegetables

Broiled Porterhouse Steak

Buy a slice of steak cut at least one inch thick, and not more than one and one-half inches. Cut off flank end, remove superfluous fat, and wipe with a cheese cloth wrung out of cold water. Of course the flank end must be put to use. It may be cut in cubes and put into the soup kettle, the lean meat may be chopped and made into meat cakes, the fat may be tried out and clarified for shortening; or again the lean meat cut in small cubes with the broiled steak bones and remnants of broiled steak, will make a stew for a small family. A porterhouse may serve for three meals when there are but two at the family table. The tenderloin is broiled for one meal, the sirloin for another, and the flank end used as has been mentioned.

With some of the fat trimmed from the steak, grease a wire broiler, place the meat in the broiler, having the fat edge next to the handles, and lock broiler. Place over a clear fire, and turn every

Planked Sirloin Steak

Have a sirloin steak cut two and one-half inches thick and from heavy beef. Remove the bone, flank end and superfluous fat; wipe carefully, and place in a hot, well-oiled broiler. Cook three or four minutes over and close to a bed of coals, turning the broiler every ten seconds; after four minutes lift the broiler farther from the coals, and turn as before for about ten minutes. Before broiling the steak, have ready (to serve four) about six potatoes cooked in boiling salted water, drained, mashed, and seasoned with salt, butter and hot milk, and beaten until very light. Pipe the potato onto the edge of a hard wood plank made hot in the oven; brush over the potato with the yolk of an egg beaten and mixed with one tablespoonful of milk, and set plank in a hot oven, to brown the edges of the potato. Have ready also a bunch of asparagus cooked and seasoned, and about one and one-half cupfuls of cooked vegetables—string beans, peas, flageolet (dried) and carrot (cut in bits)

—mixed and seasoned. Have also six rings cut from slices of cooked carrot. Have ready also a can of mushrooms—a part made hot in hot water, and the rest added to one cupful of brown sauce. When all are hot and the steak is cooked, put the steak in the center of the hot plank, the mushrooms at one end, the mixed vegetables at the other, and the asaparagus in the carrot rings above. Serve the sauce in a dish apart.

Cecils with Tomato Sauce

Force rare roast beef through a meat chopper, or chop; there should be one and one-half cupfuls. Brown three tablespoonfuls of butter, add one-third of a cupful of flour and stir until well blended; then pour on gradually, while stirring constantly, one cupful of milk. When the boiling point is reached, add the chopped meat and season with one teaspoonful of lemon juice, one teaspoonful of finely chopped parsley, a few drops of onion juice, and salt and pepper to taste. Spread on a plate to cool, then shape same as croquettes. Dip in crumbs, egg and crumbs, fry in deep fat, and drain on brown paper. Pile on a hot serving dish and pour around tomato sauce.

Tomato Sauce

Cook half of a quart can of tomatoes with one slice of onion fifteen minutes; then force through a purée strainer. Melt three tablespoonfuls of butter, add two and one-half tablespoonfuls of flour and stir until well blended, then pour on gradually, while stirring constantly, the hot strained tomato. Bring to the boiling point and season with one-third of a teaspoonful of salt, and one-eighth of a teaspoonful of pepper. If the tomatoes are very acid, a few grains of soda are a great improvement.

Lamb

Stewing is, without question, the most economical and simplest mode of cooking meats. Meat which is not capable of being satisfactorily prepared by other processes of cooking, is most acceptable when dealt with in this way.

Lamb Stew with Dumplings

Buy three pounds of lamb, cut from the fore quarter. Wipe meat with a piece of cheese cloth wrung out of cold water, remove superfluous fat, and cut meat in one-and-one-half-inch cubes. Put in a graniteware kettle, cover with boiling water, bring gradually to the boiling point and let simmer (that means, you know, to let boil very, very slowly) until meat is tender, the time required being about two hours. After the first hour of the cooking add one small onion, from which the skin has been removed, then thinly sliced, and half a cupful each of carrot and turnip cut in half-inch cubes. Remember that the best flavor and the brightest color of a carrot lies very near the skin; therefore carrots should be washed and scraped for the cooking, never pared. On the other hand turnips should be pared after washing. To obtain the cubes cut the vegetables in half-inch slices, then cut the slices in cubes. Wash and pare potatoes, and cut in one-fourth-inch slices; there should be three and one-half cupfuls. Cook five minutes in boiling salted water to cover, drain, and add to the stew fifteen minutes before serving time to finish the cooking. Melt three tablespoonfuls of butter, add four tablespoonfuls of flour, and stir until well blended; then pour on gradually, while stirring constantly, one cupful of the hot liquid in the stew. As soon as the boiling point is reached, pour slowly into the stew. Season with salt and pepper, turn on a hot platter and surround with dumplings.

Dumplings

When properly made dumplings are light and delicious and perfectly easy of digestion; if improperly made just the reverse is true. Failures sometimes occur from not cooking the mixture as soon as it is mixed, and again, from cooking the mixture over water that falls below the boiling point.

Mix and sift two cupfuls of pastry flour, four teaspoonfuls of baking powder (level measurement) and half a teaspoonful of salt. Work in three teaspoonfuls of butter, using the tips of the fingers; then add, gradually, three-fourths of a cupful of milk, mixing with a case knife. Toss on a floured board, pat, and roll out to half an inch in thickness. Scrape with a biscuit cutter first dipped in flour. Place closely together in a buttered steamer, put over kettle of boiling water, cover closely and let steam fourteen min-

utes. If a steamer is not at hand, improvise one. A perforated tin pie plate has often been brought into requisition for this purpose and has been found to answer the purpose admirably.

Roast Lamb

A leg of lamb is usually sent from the market wrapped in caul. Remove the caul, trim off the superfluous fat, and wipe the meat with a piece of cloth wrung out of cold water. Sprinkle with salt and pepper, place on the rack in a dripping pan, and dredge the meat and the bottom of the pan with flour. Place in a hot oven and baste with the fat in the pan as soon as the flour in the pan is brown, and every twelve minutes afterward until the meat is done. It may be necessary to put a small quantity of water in the pan to use for the basting. A leg of lamb usually takes two hours for the roasting. Reduce the heat, during the last hour of cooking. An addition to the gravy served with this meat makes quite another thing of it.

Brown Gravy with Currant Jelly

Remove all but three tablespoonfuls of the fat from the pan in which the lamb was roasted. Place on the front of the range, add three tablespoonfuls of flour and stir until well browned. Add gradually while stirring constantly one and one-half cupfuls of boiling water and cook for three minutes. Season with salt and pepper and strain. The flour dredged and browned in the pan should give additional color to the gravy. If it should be allowed to burn, the gravy will be full of black particles. But for the addition which makes an uncommon thing of this sauce, add one-half of a cupful of currant jelly and stir until melted and well mixed.

Sometimes it is well to order a boned leg of lamb at market, then it may be stuffed for roasting. A simple stuffing is made as follows: Mix one cupful of cracker crumbs, one-fourth of a cupful of melted butter, one-fourth of a teaspoonful of salt, one-eighth of a teaspoonful of pepper, one-half of a tablespoonful of poultry seasoning and one-third of a cupful of boiling water.

Mint Sauce

Mint sauce should always be prepared the night before it is wanted. Chop plenty of mint very finely, and put it in a small bowl or cup, pour enough boiling water upon it to cover it, and add the sugar. Cover closely until wanted, then add the vinegar; the proportion should be one-third water, the rest vinegar. This will be found a very superior sauce.

French Chops with Potato Nests Filled with Peas

It takes some time for the preparation, but they make a most attractive central dish for a luncheon. Wipe French chops and put in a hissing hot frying pan. Turn as soon as the under surface is seared, and sear the other side. Turn often, using a knife and fork that the surface may not be pierced, as would be liable if a fork alone were used. Cook six minutes if liked rare, eight to ten minutes if liked well done. Let stand around the edge of the frying pan to brown the outside fat. When half cooked sprinkle them with salt. Drain on brown paper, spread with butter, and arrange around a cone-shaped form of cooked hominy sprinkled with finely chopped parsley. Arrange potato nests at equal distances around the chops and fill with canned peas heated and well seasoned with butter, salt and paprika. Garnish with paper stabs, triangular pieces of toasted bread and small sprigs of parsley. The marketman will always dress your meat as you wish, but if you care to French the chops at home it is an easy task if a sharp knife is at hand. Rib chops which have the bone cut short and scraped clean nearly to the lean meat are known as French chops.

Lamb Kidneys a la Brochette

Cut open the kidneys, and to keep them flat pass a skewer through both sides. Put them over a very bright fire to broil for two minutes on the open side, then for two minutes on the other side. Leave in the skewer, and arrange them on a hot platter with the open side up. On each kidney put a piece of butter the size of a filbert, which has been mixed with salt, pepper and chopped parsley. Serve as soon as the butter melts.

Pork

Of all meats, next to chicken, ham yields

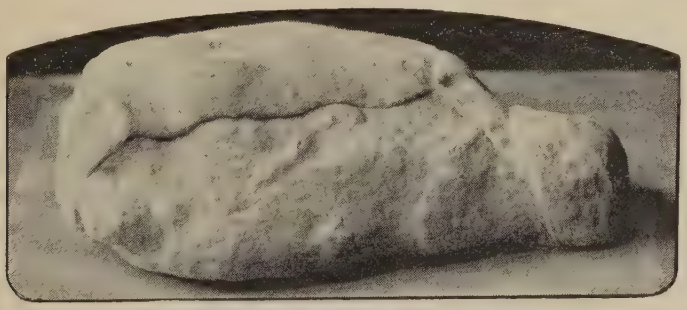
itself most perfectly to treatment. You should always select the best brand of ham on the market.

Fried Ham

Fried ham will be as tender as chicken if cooked in this way: Wipe a slice of ham with a cloth wrung out of cold water, and cut off half of the outside layer of fat. Put in an iron frying pan, cover with tepid water, and let stand on the back of the range thirty minutes, not allowing the water to reach a higher temperature than at first. Drain the ham, and dry on a towel. Heat the frying pan, put in the ham, and brown quickly on one side, then turn and brown on the other side, the time required being about three minutes. Remove to a heated platter, and serve at once.

Baked Ham

Select a thick ham weighing fourteen pounds; scrape, trim and cover with cold water, cider or equal parts of cider and water. Let it soak over night. In the morning drain and dry. Prepare a thick dough by mixing two quarts of flour with sufficient water; knead and roll to half an inch thickness, then lay it in a large, well-greased dripping pan. Lay the ham skin side down in the center, and fold the dough over the ham, wetting the dough with cold water where it laps to make it stick. Press the edges firmly, place in a hot oven, and bake rapidly until the dough is brown; then reduce the heat, and continue baking from four to five hours in a moderate oven. When done, break off the dough, skin, and trim neatly; grate bread crumbs thickly over the fat side of the ham, sprinkle with brown sugar, and stick the surface over with diagonal rows of cloves an inch apart. Return to the oven, and brown richly; then remove from the oven, slip a paper frill on the knuckle of the ham, and serve with a garnishing of parsley and lemons cut in fanciful shapes.



Ham Inclosed in Dough, Ready for the Oven

Boiled Ham

Boiled ham to be at its best requires long and slow cooking; but before cooking comes the soaking and washing. Put the ham in the kettle, cover with cold water, and let soak four hours. Wash thoroughly, scrape, trim off the hard skin, put in a kettle, cover with cold water, heat very gradually to the boiling point, and let simmer (which means very slow boiling) until the meat is tender when tried with a fork or skewer. A half ham weighing eight pounds requires about four hours for the boiling. Remove the kettle from the range, and let stand one hour, that the ham may be partially cool; then take from the water and remove the outside skin. Sprinkle the ham with fine granulated sugar and fine cracker crumbs, then put dashes of paprika over the ham every one and one-half inches, and insert a whole clove in the center of each dash. Bake one hour in a slow oven. Serve cold, very thinly sliced, and garnish with parsley.

Scalloped Ham

Chop fine two hard-boiled eggs. Chop fine cold lean boiled ham; there should be one-half cupful. Roll common crackers —there should be two-thirds of a cupful—and add three tablespoonfuls of but-

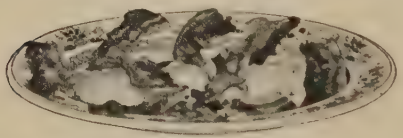
ter, stirring lightly with a fork when mixing, that the crumbs may be evenly coated and light rather than compact. Then have at hand one and one-half cupfuls of white sauce. Sprinkle the bottom of a buttered baking dish with crumbs, cover with one-half the eggs, eggs with one-half the sauce, and sauce with one-half the ham; repeat, then cover with remaining crumbs. Place on the center grate of the oven, and bake until the crumbs are brown.

White Sauce

For the white sauce, put three tablespoonfuls of butter in a graniteware sauce pan, and stir until melted and bubbling; then add three tablespoonfuls of flour, and stir until well blended. Pour on gradually, while stirring constantly, one and one-half cupfuls of scalded milk, using a wire whisk. Bring to the boiling point, and season with one-fourth of a teaspoonful of salt.

Bacon and Eggs

With a broad-bladed knife slice bacon as thinly as possible. Cook in a hot frying pan until bacon is crisp and brown, turning frequently, and occasionally pouring off fat from pan. Drain on brown paper. Return fat to pan, and when hot carefully slip in an egg which has been broken into a cup; then slip in one or two more eggs. Cook until the whites are firm, taking the fat by spoonfuls and pouring it over the eggs during the cooking. Remove eggs with a small skimmer to a hot platter, and surround with bacon.



Bacon and Eggs

Apple and Pork Roast

Season a quantity of pork cutlets with salt and pepper. Pare and core some tart, juicy apples, and flavor with the grated rind and the juice of two lemons, and strew among them plenty of sugar and a grating of nutmeg. Place a layer of cutlets in the bottom of a baking dish, then a layer of the apples with their seasoning, and so continue until the dish is full. Cover with a rich puff paste cut in small biscuits and laid close together over the top of the pie. Bake in a slow oven until the pork and apples are thoroughly done.

Roast Pig

A four or five weeks old pig which has been "stuffed" or fattened on milk for this occasion is always used. Make a dressing of bread crumbs flavored with sage, one cupful of cooked tomatoes, mixed with two well-beaten eggs. Stuff the pig, sew up, roll the ears in greased cloths so they will not burn, put a piece of wood in its mouth, dredge with flour, and when it is nearly done remove the cloths so the ears will brown. Serve with a red apple in its mouth.

Spiced Apple Sauce

Wipe, quarter, core and pare eight or ten sour apples. Make a syrup by boiling for seven minutes one cupful each of sugar and water, to which has been added eight cloves, and thin shavings from the rind of a lemon. Put in pieces of apple to cover the bottom of the sauce pan and cook until soft; repeat until all are cooked; then strain the remaining syrup over the apples.

Sausage Souffle

A delicious luncheon dish may be concocted from a cup of left-over mashed potatoes, three or four sausages, one egg, a little chopped ham (though this last may be omitted), a few slices of bacon left from breakfast, cracker or bread crumbs, butter and seasoning.

Beat the potatoes well, mixing in the butter. Add finely chopped sausages or sausage meat, and a little chopped ham if desired. Beat the egg well, and add, stirring the whole vigorously. Season. If the mixture is too firm add a couple of tablespoonfuls of cream or milk. Put in ramekins or small saucers. Sprinkle with bread crumbs, brush lightly with butter, and place in hot oven. When thoroughly raised and browned serve with a slice of broiled bacon laid on top.

Fried Scrapple

There are two kinds of scrapple, one very rich (the original Pennsylvania

dish) and the other very dainty. They are both made exactly as mush is made, stock being substituted for water. For Pennsylvania scrapple make a stock of pig's head, with ham or shoulder trimmings added. Season well with salt, pepper and sage, steam, and let cool over night. In the morning take off all the fat and make the mush; cool in bread tins, slice, and fry. For a less "hearty" scrapple use beef, veal or chicken stock (or a combination of the three) well flavored. Treat as above. Scrapple is eaten plain.

Bavarian Veal Chops

Wipe six loin chops, and put in a stew pan with half an onion, eight slices of carrot, two stalks of celery, one-half teaspoonful of peppercorns, four cloves, and two tablespoonfuls of butter. Cover with boiling water, and cook until the chops are tender. Drain, season with salt and pepper, dip in flour, egg and crumbs, fry in deep fat, and drain on brown paper. Arrange on a hot serving dish, and surround with one cupful—measured before boiling—of boiling flat macaroni broken into two-inch pieces and mixed with the following sauce:

Peel and slice onions; there should be two cupfuls. Cover with boiling water, cook five minutes, drain, again cover with boiling water, and cook until soft; again drain, and rub through a sieve. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour, and stir until well blended, then pour on gradually, while stirring constantly, one cupful of chicken stock. Bring to the boiling point and add onion and one-half cupful of cream or milk. Season with one-half teaspoonful of salt and a few grains of pepper.

Huntington Patties

Reheat patty cases and fill with the following mixture: Clean and parboil a sweetbread, and cut in cubes. Melt two tablespoonfuls of butter, and three tablespoonfuls of flour, and pour on gradually while stirring constantly one cupful of chicken stock. Reheat sweetbread in the sauce and add one-fourth of a cupful of heavy cream and one teaspoonful of beef extract. Season with salt and paprika.

Veal Loaf

One pound of veal or loin steak; half a pound of bacon; grind in the meat chopper. Mix in two well-beaten eggs; a cupful of cracker or bread crumbs; half a teaspoonful each of celery seed and powdered sage leaves; season with salt and pepper. Mold into a loaf (adding a handful of crumbs on the top of the loaf) and place in a deep baking-pan; pour hot water over and around the loaf and a sprig of parsley on either side of the loaf. Bake in a moderate oven and baste frequently.

Calves' Brains

Soak the brains in lukewarm water for thirty minutes, and remove the skin and bloody fibers which cover them. Put the brains in a sauce pan with enough water to cover them, and season with salt, pepper and two tablespoonfuls of vinegar. Skim before they boil. Boil for ten minutes, and strain. Put them on a dish, and serve with a butter sauce and chopped parsley.

Braized Calf's Liver

Select a fine calf's liver, lard the upper side, or draw the lardons through the liver with a larding needle about one and one-half inches apart. Place the liver in a braizing pan, dredge with salt, pepper and flour, surround with one-fourth of a cupful each of carrot, onion, turnip and celery cut in small dice, and add one-half teaspoonful of peppercorns, six cloves, a small bit of bay leaf, a blade of mace and two cupfuls of brown stock or water; cover closely, and cook slowly in the oven two hours, uncovering the pan the last fifteen minutes of cooking, to brown the surface. Remove from the pan, and strain the liquor, using this for the brown sauce to be served with the liver; or surround the liver with a border of onions.

Sweetbreads a la Dauphine

Select three large sweetbreads; lard them, and open them in such a manner that you can stuff in forcemeat. Prepare forcemeat as follows: Take a large fowl, skin it, and pick off all the flesh; take one-half pound of fat and lean bacon, cut very fine, and beat in a mortar; season with an anchovy, a little nutmeg, thyme,

grated lemon peel and some parsley. Mix these with the yolks of two eggs, fill the sweetbreads, and fasten with skewers or baste with a needle and coarse thread. Lay a layer of bacon in the bottom of the pot, season with pepper, mace, sweet herbs, salt, and a large onion sliced. Cover close, let it stand eight or ten minutes over a slow fire, then pour over one quart of boiling broth, and stew two hours slowly. Remove the sweetbreads, and keep them hot; strain the broth, skim off all the fat, and boil it up until there is about one pint. Roll the sweetbreads in bread crumbs, and place in the pot for two or three minutes. Remove to a hot dish, pour over the gravy, and garnish with sliced lemon.

POULTRY AND GAME

To dress and clean poultry, remove hairs and down by holding the bird over the flame (from gas, alcohol or burning paper) and constantly changing the position until all parts of the surface have been exposed to the flame. Cut off the head, and draw out the pin feathers, using a small pointed knife. Cut through the skin around the leg one and one-half inches below the leg joint, care being taken not to cut the tendons; place the leg at this cut over edge of board, press downward, to snap the bone, then take the foot in the right hand, holding the bird firmly in the left hand, and pull off the foot, and with it the tendons. In old birds the tendons must be drawn separately, which is best accomplished by using a steel skewer. Make an incision through the skin below the breast bone just large enough to admit the hand. With the hand remove the entrails, gizzard, heart and liver. The gall bladder, lying on the under surface of the right lobe of the liver, is removed with the liver, and great care must be taken that it is not broken, as a small quantity of the bile which it contains would impart an unpleasant flavor. Remove the lungs, which are of spongy consistency and red color, enclosed by the ribs, on either side of the backbone. Kidneys, lying in the hollow near the end of the backbone, must also be removed. By introducing the first two fingers under the skin close to the neck, the windpipe may be easily found and withdrawn, also the crop, which adheres to the skin close to the breast. Draw down the skin and cut the neck off close to the body, leaving the skin long enough to fasten under the back. Cut out the oil bag, and wash the bird by allowing cold water to run through it and over it, but do not allow it to soak in cold water; then wipe inside and outside thoroughly, looking to see that everything has been removed. Poultry dressed at market seldom has the tendons removed unless one demands this service. They should be withdrawn as they become hard and bony during the cooking. Another bad trick of the marketman is to cut a gash through the skin, to reach more easily the crop and windpipe. This, of course, causes the bird to look less attractive when cooked. The gizzard, heart and liver are known as the giblets, and are frequently cooked, chopped and added to a brown gravy to give it added flavor and richness.

To Clean the Giblets

Remove the thin membrane, arteries, veins and clotted blood around the heart. Separate the gall bladder from the liver, cutting off any of the liver that may have a greenish tinge. Cut the fat and membranes from the gizzard. Make a gash through the thickest part of the gizzard, and cut as far as the inner lining, being careful not to pierce it. Remove and discard the inner sack. Wash the giblets, and cook until tender with the neck of the bird and the tips of the wings, putting them in cold water, and heating water quickly, that some of the good may be drawn out into the stock, which is to be used for making the gravy.

To Truss a Chicken

If a bird is properly trussed it looks much more attractive when ready for serving. It should never be brought to a table with the legs and wings in awkward positions and the long neck lying over the end of the platter. This is the correct way to truss a bird: Draw thighs

close to the body, and hold by inserting a steel skewer under the middle joint, running it through the body. It should come out under the middle joint on the other side. Cross drumsticks, tie securely with a long string, leaving two ends of equal length, and fasten to the tail. Place wings close to the body (having the tip ends removed, remember), and hold them by inserting a skewer through the wing, body, and the wing on the opposite side. Draw the neck skin under the back, and fasten with a small skewer. Turn the bird on its breast. Cross string attached to the tail piece, and draw around each end of lower skewer, again cross string and draw around each end of upper skewer; fasten string in a knot, and cut off ends.

To Stuff Poultry

Put stuffing by spoonfuls in the neck end, using enough to sufficiently fill the skin, that the bird may look plump when served. Put the remaining stuffing in the body. If the body is full, sew the skin; if not full, bring the skin together with a small skewer. Remember, in serving, that the best stuffing is always in the breast.

Stuffing

The best simple stuffing is made by mixing one cupful of cracker crumbs with one-fourth of a cupful of melted butter, one-third of a cupful of scalded milk, one egg slightly beaten, and seasoning with salt, pepper and sage or poultry seasoning. The egg may be omitted, but the stuffing will not slice without crumbling if you wish to serve it cold.

Roast Chicken

To roast chicken properly, and have the delicious stuffing and the rich brown gravy, is a task that involves much knowledge and considerable care. In the first place, the bird must be selected wisely; then comes the dressing, cleaning, stuffing, trussing and cooking. Each of these steps should be taken up, even though briefly, for some time you may be where the marketman will do none of this work for you. To one accustomed to marketing a chicken is quickly told from a fowl by its soft feet, smooth skin, and soft cartilage at the end of the breast bone. An abundance of pin feathers on the body always indicates a young bird, while the presence of long hairs denotes age.

Now suppose we have a young, plump, four-pound chicken dressed, cleaned, stuffed and trussed for the roasting. Place the bird on its back on a rack in a small dripping pan, rub the entire surface with salt, and spread the breast and legs with three tablespoonfuls of butter rubbed until creamy and mixed with two tablespoonfuls of flour. Dredge the bot-

Baked Chicken, With French-Fried Potatoes, Smothered Tomatoes and Parsley

tom of the pan generously with flour, place in a hot oven, and when flour is well browned, reduce the heat and baste. Continue the basting every ten minutes until the chicken is cooked. For basting use one-fourth of a cupful of butter melted in two-thirds of a cupful of boiling water, and after this is gone use the fat in the pan. Sometimes it is necessary (to prevent the flour from burning) to add from one-half to one cupful of additional boiling water.

During the cooking turn the chicken frequently, that it may brown evenly. If a thick crust is desired, dredge the bird with flour two or three times during the cooking. When the breast meat is tender (which may be determined by piercing with a skewer) the bird is sufficiently cooked. A four-pound chicken requires about one and three-fourths hours for roasting. Remove to a hot platter, and garnish with parsley.

Giblet Gravy

Pour off liquid in the pan in which the chicken has been roasted. From liquid skim off four tablespoonfuls of fat, and return the fat to the pan. Place the pan on the range, add four and one-half tablespoonfuls of flour, and stir until well browned, then add gradually, while stirring constantly, two cupfuls of stock in which the giblets, neck and tips of wings have been cooked. Bring to the boiling point and let boil three minutes. Season with salt and pepper, strain, and add the giblets, finely chopped. If a simple brown gravy is preferred, of course the giblets may be omitted.

Baked Chicken

Order a chicken dressed as for broiled chicken. Wipe with a cheese cloth wrung out of cold water. Sprinkle with salt and pepper, place in a dripping pan and dot over with butter, using three tablespoonfuls. Bake thirty minutes in a hot oven, basting every five minutes with two tablespoonfuls of butter melted in one-fourth of a cupful of boiling water. Remove to a hot platter and garnish with French-fried potatoes, smothered tomatoes and parsley.

Broiled Chicken

It requires a very clear fire for broiling chicken, and even with much care the birds are quite apt to become burned, more or less, during the process. You can make the work easier and overcome all difficulty by partially cooking them in the oven. Split the chicken down the back, and wipe with a cheese cloth wrung out of cold water. Place in a dripping pan, skin side down; sprinkle with salt and pepper, dot over with butter, and bake in a hot oven fifteen minutes. Remove to a hot, well-greased broiler and broil over a clear fire ten minutes, turning the broiler frequently that all parts of the surface may be browned evenly. Arrange on a hot serving dish spread with butter, sprinkle with salt and garnish with parsley.

Fried Chicken with Cream Gravy

This calls for two chickens. Select plump and tender chickens from six to eight weeks old. Cut each one into six pieces—legs, wings, back and breast. If unusually well grown the breast can be cut into two pieces. Put immediately in salt and water, and let stand half an hour, then drain carefully, and put on ice or in a very cool place until ready to cook. If possible, have your chickens killed overnight and kept on ice until ready for the next day's dinner. If this cannot be done, have them killed as early as possible in the morning. When ready to cook, wipe each piece quite dry, and sprinkle with pepper and very little salt, as the salted water makes them slightly salty. Roll each piece in dry flour until quite coated. Have ready a deep skillet in which the lard is boiling. (This is most important.) Drop the portions of chicken in the boiling lard, and fry a light brown, turning when one side is done. They should be quite dry and golden brown when removed from the lard. Take out the smaller pieces, wings and back as they are done. Pour off the lard, and drop into the frying pan one tablespoonful of chopped parsley, a little salt and pepper and two cupfuls of cream or very rich milk. Let this boil for several minutes, then pour over the chicken. The fried chicken can be served without cream gravy if preferred. It requires a liberal supply of lard, but if strained and put aside the lard can be used again.

Chicken Fricassee

Young chickens are seldom employed for fricasseeing, for old fowls, which may

be always made tender by long cooking, are well utilized in this way. Dress, clean, and cut up a fowl weighing about four pounds. Put the fowl in a kettle, add boiling water just to cover. Cover, and let simmer until the meat is tender, the time required being about two hours, unless the fowl is old and tough. Add half a tablespoonful of salt to the water after the first hour of the cooking. Remove the meat from the water, sprinkle with salt and pepper, dredge with flour, and sauté until delicately browned in an iron frying pan with enough butter to prevent meat from burning, cooking first on one side and then on the other. Arrange the fowl on pieces of dry toast placed on a hot platter, having the wings and second joint opposite each other, the breast in the center of the platter and the drumsticks crossed just below the second joints. Strain the chicken stock remaining in the kettle (of which there should be one and one-half cupfuls), and remove the fat. Melt three tablespoonfuls of butter, and when bubbling add four tablespoonfuls of flour, and stir until well blended; then pour on gradually, while stirring constantly, the hot stock. Bring to the boiling point. Add half a cupful of cream, season with salt and pepper, and pour over the meat.

Brown Sauce

Some prefer to serve chicken fricassee with a brown instead of a white sauce, in which event the following steps are taken: Melt three tablespoonfuls of butter, and stir constantly until well browned; then add four and one-half tablespoonfuls of flour, and stir constantly until the butter and flour are well browned. Then pour on gradually, while stirring constantly, the chicken stock, of which there should be two cupfuls. Bring to the boiling point, and season with salt and pepper. Browning the flour detracts from its thickening principle, for which reason half a tablespoonful more is required for the brown than for the white sauce. Do not forget a sprig of parsley for a garnish.

Creamed Chicken

Melt three tablespoonfuls of butter, add four and one-half tablespoonfuls of flour, and stir until thoroughly blended (a wire whisk being the best utensil to use for this purpose), then pour on gradually, while stirring constantly, three fourths of a cupful, each, of chicken stock and rich milk. When the boiling point is reached add one and one-half cupfuls of cold cooked chicken cut in dice, and season with one-half of a teaspoonful of salt, one-eighth of a teaspoonful of celery salt, and a few grains of cayenne. Let stand in a double boiler twenty minutes, that the chicken may absorb the sauce.

In preparing chicken patties, reheat patty cases and fill with creamed chicken.

Chicken Croquettes

One and three-fourth cupfuls of chopped cold cooked fowl, one-half teaspoonful of salt, one-fourth of a teaspoonful of celery salt, a few grains of cayenne, one teaspoonful of lemon juice, a few drops of onion juice, one teaspoonful of finely chopped parsley, one cupful of thick, white sauce. Cool, shape, crumb, and fry same as other croquettes.

The white meat of a fowl absorbs more sauce than dark meat. This must be remembered if dark meat alone is used. Croquette mixtures should always be as soft as can be conveniently handled, when croquettes will be soft and creamy.

Chicken Mousse

Chop fine one cupful of the white meat of boiled or roast chicken, and add to it one tablespoonful of ham, also minced fine. The best plan is to put them through a meat chopper. Add to the meat one cupful of very well seasoned chicken stock (strained), and put with them the beaten yolks of two eggs, a dash of celery salt and a little cayenne. Set over the fire, and bring just to a simmer—merely enough to cook the egg-yolks—and put aside to cool. When this point is reached, turn in one tablespoonful of gelatine which has been soaked half an hour in cold water and then stirred into just enough hot water to dissolve it, one cupful of whipped cream and the stiffly beaten whites of three eggs. Add salt to taste. Beat all the ingredients well together, turn into individual molds, and put on ice for several hours. Turn out on small lettuce leaves, and serve one to each guest. The quantity given is enough for eight.

Jellied Chicken

Select a fowl weighing about four pounds, with which put a knuckle of veal in four quarts of cold water, and bring very slowly to the boiling point. Draw it to the side of the stove if you cook on a coal or wood range, or place it over a low burner if you use a gas stove, and let it simmer. Never let it boil hard. If you do, the soup will be cloudy, and for this purpose you cannot have it too clear. It should cook thus for five or six hours. About an hour before you take it from the stove add a stalk of celery, a halved and peeled onion, six whole peppers and one tablespoonful of salt. Let the fowl become cold in the liquor, then strain this liquor through a cloth. When it has stood for a while, pour it off so as to leave all the sediment in the bottom of the vessel. Mix with it the whites of two eggs, return it to the fire, let it heat slowly at first, then boil violently for a few minutes, and again strain through a cloth. The result should be a liquid that is almost entirely clear. Cut the chicken from the bones, then into neat pieces. Moisten small molds with cold water, and arrange slices of hard-boiled egg in the bottom of each one; then put in a little of the partially jellied chicken broth, lay in slices of chicken, and fill up with the broth. Set the molds on ice, so as to become cold. If a large mold is used, there should be several alternate layers of chicken and jelly, making the last layer of the jelly. In this case the sides of the molds should also be ornamented with the sliced hard-boiled egg.

In nearly all cases the veal will make a stiff enough jelly, but if there is any doubt on the subject, add one tablespoonful of soaked gelatine to each quart of the soup at the time when the soup is cleared, then stir until the gelatine is thoroughly dissolved.

Virginia Chicken Pot Pie

Line a baking pan with dough, leaving a bare space of an inch through center of pan. Place first a layer of chicken—parboiled—then a layer of thinly sliced potatoes, then small squares of dough. Sprinkle each layer generously with salt and pepper. Continue the layers alternately until the pan is full. Over all place a thin slice of very fat salt pork. Add a small quantity of water. Cut a star in center of cover. Place in moderate oven.

Make gravy from broth in which fowl has been parboiled.

Turkey

In buying a turkey do not select one that weighs much more than ten pounds. If you are providing for a large dinner party it is better to furnish two small turkeys than one large one. Cock turkeys are usually better eating than hen turkeys, unless hen turkeys are young, small and plump. Any good turkey is plump, has smooth dark legs, and the cartilage at the end of the breast bone is soft and pliable.

Roast Stuffed Turkey with Brown Gravy

Cut off the head and neck close to the body, leaving the skin covering the neck to draw back under the bird after stuffing. Dress, clean, stuff and truss, place on a rack in the roasting pan, rub with salt, and spread the breast, wings and legs with one-third of a cupful of butter, rubbed until creamy and mixed with one-fourth of a cupful of flour. Dredge the bottom of the pan with flour, and put in a hot oven, reducing the heat as you find it necessary, that the bird may not become too brown before it is well done. A tender ten-pound turkey requires about three hours for roasting. As soon as the flour is browned baste the bird with one-third of a cupful of butter melted in three-fourths of a cupful of boiling water, and after this is used, with the fat in the pan. Turn the turkey often that it may brown evenly, and baste every fifteen minutes during the cooking. Twenty minutes before serving time prick small sausages several times with a two-tined fork or steel skewer, put them in the pan in which the turkey is being roasted and cook until well browned. Remove the turkey to a heated platter, cut off string and take out skewers; garnish with sausages arranged in groups of three, boiled turnips (cut in slices, and slices shaped with a fluted circular vegetable cutter) seasoned with salt and melted butter, and celery tips. Let cranberry sauce, cranberry jelly, frozen cranberries or cranberry frappé accompany a roast turkey.

New England Stuffing

Melt half a cupful of butter in two-thirds of a cupful of boiling water, add

two-thirds of a cupful of scalded milk and pour over two cupfuls of cracker crumbs seasoned with salt, pepper and sage. When well mixed add one egg slightly beaten.

Brown Gravy

Pour off the fat in the pan in which the turkey has been roasted. Return six tablespoonfuls of the fat to the pan, add six tablespoonfuls of flour and stir until well browned; then pour on gradually, while stirring constantly, three cupfuls of stock (made by cooking neck, tips of wings, heart, liver and gizzard in water to cover), bring to boiling point and let simmer three minutes. Strain and season with salt and pepper.

Cranberry Frappe

Add one teacupful of boiling water to one quart of cranberries. Boil until soft, pass through a fruit strainer, return to the fire, and add sufficient sugar to sweeten. Cook until reduced more than one-half, then set aside to cool. Before freezing add the juice of one large lemon, also a syrup made of one quart of boiling water and two cupfuls of granulated sugar cooked until rich and syrupy. Stir all together, and freeze rather stiff. Serve in frappé cups with the roast turkey.

Cranberry Jelly

To three quarts of cranberries take two pounds of good white sugar and one quart of water; cook thoroughly, mashing all the berries fine, then put all through a fine sieve. Return the juice to the stove, and cook fifteen minutes more. Pour into a mold or into glasses, which should be sealed when cool.

Mock Chestnut Stuffing

Mock chestnut stuffing can hardly be told from a genuine chestnut one, and is very popular. Cook one-half of a tablespoonful of finely chopped onion with one-fourth of a cupful of butter for five minutes. Add one-fourth of a pound of sausage meat, and cook two minutes; then add one and one-fourth cupfuls of hot mashed sweet potatoes, one-half of a tablespoonful of finely chopped parsley, and salt and pepper. Heat to the boiling point, and add one-half cupful of stale bread crumbs.

Bread Dressing

Break biscuits in small pieces, pour over them equal parts of hot gravy and hot water, add a little salt and pepper, a cupful or two of chopped oysters, or one or two very finely chopped onions. Make into small flat cakes the size of a biscuit, brown slightly and place around the turkey.

Walnut Stuffing

To one quart of fresh bread crumbs add one cupful of English-walnut meats broken into pieces, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, and powdered sweet herbs if liked. Melt two-thirds of a cupful of butter in two-thirds of a cupful of hot milk, and combine with the crumbs. Mix thoroughly, and fill at once into the turkey.

Marinated Roast Turkey

The English in the olden times prepared their turkeys in the following delicious manner: When the turkey is ready to dress, raise the skin from the breast bone with your finger, and having prepared a veal sweetbread chopped fine, a few oysters, a few mushrooms, an anchovy, some pepper, a little nutmeg, grated lemon peel and a little thyme, chop all together, and mix with the yolk of an egg, and stuff it in between the skin and the flesh, but be careful not to break the skin. Then stuff the body of the turkey with dressing, and roast. Serve with gravy, and garnish the platter with parsley, soft-boiled peeled chestnuts first rolled in the white of an egg, and grated Parmesan cheese.

Turkey au Gratin

Cut the remnants of turkey meat in small pieces; there should be one and one-half cupfuls. Cover the turkey bones and the skin with cold water, bringing slowly to boiling point, and let simmer until stock is reduced to one cupful. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour and pour on gradually, while stirring constantly, the hot stock. Season with one-fourth of a teaspoonful of salt and a few grains of pepper. Sprinkle the bottom of a buttered baking dish with half a cupful of seasoned cracker crumbs, add the turkey

meat, pour over the sauce, cover with half a cupful of cracker crumbs, and bake in a hot oven until the crumbs are brown. For seasoned cracker crumbs allow one-fourth of a cupful of melted butter, and a few grains of salt to each cupful of crumbs.

Roast Duck

The duck may be prepared similarly to the turkey. Care must be taken, however, that duck should not be made over done and dry.

Fried Duck a la Thorndike

Duck served in this way overcomes the difficulty of carving and makes an excellent dish. Select two young domestic ducks. Remove the legs and second joints in one piece then scrape meat from second joints, leaving meat attached to the leg and press or skewer into attractive shape. Cut off the wings to the first joint and remove the breast meat, leaving the wings on breast, and press or skewer in shape. Season with salt and pepper, sauté in butter and cool. Break the duck carcasses in pieces, cover with cold water and add two slices of onion, two slices of carrot, a stalk of celery and half a teaspoonful of peppercorns. Let simmer one hour and strain; there should be one cupful of stock. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour and pour on gradually, while stirring constantly, the stock. Strain and season with salt and pepper. Dip the prepared duck in crumbs, egg and crumbs, fry in deep fat and drain on brown paper. Arrange on a hot platter around a mound of parsley, pour around sauce, and garnish with nest-shaped rice croquettes in each of which is a cube of currant jelly.

Fried Duck a la Thorndike With Croquettes of Rice and Currant Jelly—Parsley Garnishing

Roast Goose

Roast goose is the most popular Christmas bird. It belongs to Christmas as the turkey does to Thanksgiving. A goose needs to be carefully dressed for roasting, or it is likely to have a very strong flavor, which is undesirable. When ready for the operation singe the bird, remove pin feathers, and wash. The goose needs literally a bath in hot soap suds, and a scrubbing, too, with a vegetable brush. Wash and rinse in clear, cold water, and wipe just as dry as possible. Stuff, truss, sprinkle with salt and pepper, and place on its back on the rack in the dripping pan. Arrange thin slices of fat salt pork over the breast, each slice to be cut five or six times from the edge opposite the rind nearly to the rind. Bake two hours in a hot oven, basting every fifteen minutes with the fat in the pan, removing the pork from the breast after the first hour and a half of cooking. Garnish with celery tips and strings of cranberries, and serve without a gravy.

Potato Stuffing

Potato stuffing always goes well with a roast goose. Mix two cupfuls of hot mashed potatoes, add one and one-fourth cupfuls of soft stale bread crumbs, one-third of a cupful of butter, one beaten egg, one and one-half teaspoonfuls of salt and one teaspoonful of sage; then add one-fourth of a cupful of finely chopped fat salt pork, and one finely chopped onion.

Turkey and cranberry sauce; goose and apple sauce; so it has been; so let it be.

Piquant Apple Sauce

Pare, core and cut into small sections three pounds of tart cooking apples, then put them in an earthenware crock, pour over them one and one-half cupfuls of sweet cider, cover the dish tightly, and boil hard until tender. After they begin to boil add one-fourth of a grated nutmeg, the grated rind of half on orange and one teaspoonful of ground cinnamon. When perfectly soft rub through a fine sieve, return to the stove, and add three-fourths of a cupful of sugar and two tablespoonfuls of lemon juice, and cook until the sugar is melted. Just before serving stir in four tablespoonfuls of freshly grated horse radish, one teaspoonful of chutney and one teaspoonful of Worcestershire sauce.

English Stuffing

Chop fat salt pork; there should be one-fourth of a cupful. Add one onion, finely chopped, and cook ten minutes. Strain and add two cupfuls of hot riced potatoes, one and one-fourth cupfuls of soft stale bread crumbs, one-third of a cupful of butter, half a cupful of celery, finely chopped, half a cupful of English walnut meats broken in small pieces, and one egg slightly beaten. Season with salt, pepper and sage.

Chestnut Stuffing

The Germans use the goose more generally than other nations, and they prefer a chestnut stuffing, made by boiling and mashing the nuts, of which there should be about one quart after they are mashed. Season with one teaspoonful of chopped parsley, one-half teaspoonful of chopped onion, one-half teaspoonful each of salt and pepper and one tablespoonful of butter; bind with an egg.

Apple Cups

Pare, core and cut eight apples in eighths. Put in a stew pan and add one cupful of sweet cider, one-half cupful of maple syrup, two slices of lemon, one-fourth of a teaspoonful of salt, one tablespoonful of butter and a few gratings of nutmeg. Cook until the apples are soft and rub through a sieve. Take a thick slice from the stem end of bright red apples and scoop out the pulp, leaving the apple cups. Fill the cups with apple sauce.

Roast Grouse with Bread Sauce

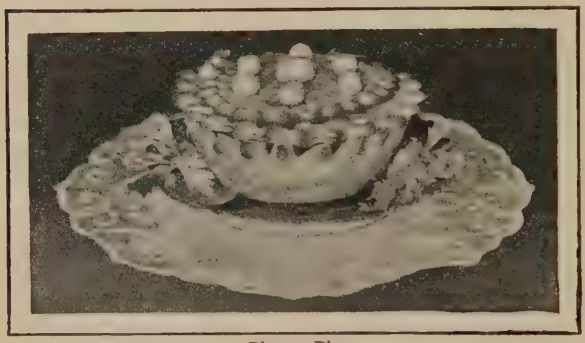
Clean, remove pinions and, if it be tough, the skin covering the breast of two grouse. Lard the breasts and insert two lardons in each leg. Remember to use that part of the pork which lies between the rind and vein for the lardons, and see to it that the pork is well chilled. Truss and place on a trivet in a shallow pan, rub with salt, brush over with melted butter, dredge with flour and surround with trimmings of fat salt pork. Bake twenty-five minutes in a hot oven, basting

Quail en Casserole With Carrot Balls, Potato Balls and Rings of Onions

every five minutes with the fat in the pan. Arrange on a hot platter, remove string and skewers, pour around bread sauce and sprinkle the birds and sauce with three-fourths of a cupful of coarse bread crumbs, that have been mixed with two tablespoonfuls of melted butter and evenly browned in a moderate oven; then garnish with parsley.

Quail en Casserole

Clean, wash and truss the quail; cook in bacon fat or butter in a frying pan until browned a little, then dispose in a casserole. For one chicken or five or six quail make ready six or eight tiny young onions, as many slices of carrot and balls cut from raw potatoes, also, if at hand, fresh mushrooms, broken in pieces if large. Cook the onions in the fat in the frying pan until browned a little, then put



Pigeon Pie

them into the casserole with about one and one-half cupfuls of broth, or, lacking this, hot water; put on the cover, and let cook in the oven about thirty minutes, then add the slices of carrot, the potato balls and mushrooms, first cooked in the butter until browned, and salt and pepper as needed. Then return the dish to the oven until the vegetables are tender. Send to the table in the hot dish.

Squab on Toast

Squabs are young pigeons. They are good roasted, à la casserole or broiled. Prepare as you would young chickens. They need not be cooked so long however, as they are smaller than chickens.

Stuffed Pheasants with Bread Sauce

Mince the liver with a little fresh butter, and season with chopped parsley, salt and pepper; add one teaspoonful of dry bread crumbs, and stuff the pheasant, then sew up neatly. Lay over it thin strips of bacon, wrap in buttered paper, and roast. Serve with bread sauce, made as follows:

Cut a small loaf of stale bread into thin slices, and soak in one-half pint of cold water with one teaspoonful of black pepper, one of salt and some grated lemon peel. After soaking until the bread is soft, beat to a smooth paste, and let it come to boil in a stew pan. Add one-fourth of a pound of butter and two tablespoonfuls of cream. Serve hot in a sauce boat.

Pigeon Pie

Try out three slices of fat salt pork, cut one-fourth of an inch thick, with one sliced onion, two stalks of celery cut in small pieces, and one-fourth of a cupful of carrot cut in cubes; then drain off the fat. Dress and clean six pigeons, dredge with flour and sauté in pork fat until delicately browned. Put in an earthen dish, cover with boiling water, and cook in a slow oven until tender. This method of cooking requires less care than if the work were accomplished on top of the range. Remove the pigeons and thicken the stock in the dish with three tablespoonfuls of butter and four tablespoonfuls of flour cooked together; there should be one and one-half cupfuls of gravy. Remove the body bones from the birds and add the birds to the gravy. Season with salt, fill pastry case and put on the cover. The pastry case is baked over an inverted tin.

Snipes and Plover

These two birds are very often prepared and cooked without being drawn. Real gourmets insist that it is a barbarism to do otherwise. The crop is taken out through a small slit in the skin on the back of the neck, but the head is left on. After the bird is cleaned, skin the head, and tie it to the body with a string, which should be removed before serving.

The length of cooking is decided by the size of the bird.

Game loses in flavor and nutrition by being frozen or kept in cold storage. It must, however, stand a reasonable length of time after being killed to become tender.

Barbecued Rabbit

Lay the rabbit in salt and water thirty minutes, then scald with boiling water, and wipe dry, rub well with butter, and sprinkle with pepper and salt. Broil until quite brown, and lay on a hot dish; butter plentifully on both sides. Prepare a sauce of four teaspoonfuls of vinegar, one teaspoonful of made mustard, one of currant jelly and one of walnut catsup. Pour this hot over the rabbit. This is a favorite dish among Southerners.

Squab on Toast, Garnished With Water Cress

Venison Pasty

Cut the fresh venison into small pieces and remove the bones; season with salt and pepper, and stew until tender in just enough water to cover it. When tender, lift from the gravy, and set in a cool place. Make a puff paste, and line the sides of a deep baking dish with it, then put in the venison. Season the gravy with a few blades of mace and a grating of nutmeg, one-half pint of black currant jelly and the crumbled yolks of some hard-boiled eggs, and pour over the meat. Cover with the puff paste, and bake one hour. Serve hot.

FISH

A FISH BOILER is a necessity in a kitchen, as it keeps the fish in good shape, and with the inside grating the fish can be lifted out of the boiler without danger of breaking. It can also be left on the grating to drain after it is cooked. A good way of having the fish well drained and kept warm at the same time is as follows: When the fish is cooked, lift it out of the boiler, pour out the water, and return the grating and the fish to the boiler, propping up the grating with any small thing, to keep it from touching the bottom of the boiler, consequently allowing the fish to drain. Set the boiler on the back of the stove, partly cover, and keep the fish in it until time to serve. Boiled fish should always be served with its sauce in a sauce boat. The fish is arranged and decorated with parsley and slices of lemon. It looks very well served on a folded napkin placed in the platter.

Baked Fish

Take any kind of white fresh fish, and prepare as for other cooking. Place in a baking dish, spread with butter, add a seasoning of salt, pepper and one tablespoonful of lemon juice, sprinkle with flour, and add one cupful of hot water; cover, and bake until tender. The length of time required for baking depends somewhat on the condition of the oven. Baste frequently.

Caviar on Toast

Toast six rounds of white bread to a golden brown. Put two large tablespoonfuls of caviar in a sauce pan with one tablespoonful of cream, and stir carefully until very hot, but do not allow it to boil. Pour over the toast, and garnish with radishes or olives.

Court Bouillon

Cut carrot, onion and celery in small pieces; there should be one-third of a cupful of each. Add a sprig of parsley, and cook in two tablespoonfuls of butter, three minutes. Then add six peppercorns, two cloves, a bit of bay leaf, one tablespoonful of salt, two tablespoonfuls of vinegar and

two quarts of water; then bring to the boiling point. Put the prepared fish on a trivet, cover with court bouillon, and let boil for thirty-five minutes. Remove to a hot serving dish and garnish with parsley. Serve with a sauce made of hard-boiled egg, flour and butter. If a trivet is not at hand improvise one by forcing holes through a discarded tin cover.

Finnan-Haddock, Caledonian Style

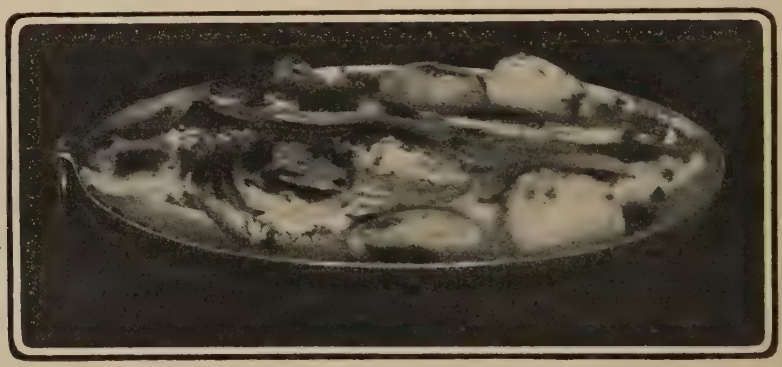
Soak one-half of a finnan-haddock weighing four pounds, two hours in milk and water to cover, using equal parts, having the liquid at a uniformly even tepid temperature. This is best accomplished by having the fish in a dripping pan on the back of the range. Trim the fish to fit a copper platter or graniteware dripping pan, by cutting off flank and a two-inch piece from the tail end. Pour over a cream sauce, and surround with six halves of potatoes of uniform size smoothly pared. Cook until the potatoes are soft, the time required being about forty minutes, basting with the cream sauce three times during the cooking.

Cream Sauce

Cream must enter into the composition of a real cream sauce. For the cream sauce for the finnan-haddock, melt two tablespoonfuls of butter, add two tablespoonfuls of flour, and stir until well blended, then pour on gradually, while stirring constantly, one cupful of milk and one-half cupful of cream. Bring to the boiling point, and season with a few grains of pepper. No salt will be needed, for it must be remembered that finnan-haddock is salted.

Broiled Haddock with Ravigot Sauce

Wipe the fish well, and score with a sharp knife. Lay it in a dressing of oil, pepper and salt. When ready to cook, place the fish on a gridiron, and broil slowly until done on both sides. Dish up with a napkin on the dish, and serve the sauce in a boat. For the sauce, put the yolks of three eggs, three ounces of fresh butter and one spoonful of white sauce into a small stew pan, and cook slowly, stirring constantly, until it is smooth. Add the grated rind of a lemon and one tablespoonful of lemon juice. Serve immediately.



Finnan-Haddock, Caledonian—an Inexpensive but Epicurian Dish

Fillets of Halibut with Dutch Sauce

Remove the skin and bones from a slice of halibut weighing one and one-half pounds, and cut into eight fillets. Sprinkle with salt and pepper, brush over with lemon juice, roll each fillet separately, and fasten with a small wooden skewer. Put in a shallow pan, cover with buttered paper, and bake twelve minutes in a hot oven.

Dutch Sauce

Yolks of two eggs, two tablespoonfuls of olive oil, one tablespoonful of vinegar, one-fourth of a cupful of hot water, one-fourth of a teaspoonful of salt, a few grains of cayenne, one teaspoonful of finely chopped parsley.

Mix the yolks of the eggs, olive oil, vinegar and hot water in a small sauce pan. Put the sauce pan in a larger one

containing hot water and cook, stirring constantly, until the mixture thickens; then add the salt, cayenne and parsley.

Broiled Mackerel

Clean a mackerel, remove the head and tail, and cut in two lengthwise. Wipe as dry as possible, using a piece of cheesecloth; sprinkle with salt and pepper, place in a well-greased wire broiler and broil over a clear fire, first broiling on the flesh side, then turning and broiling on the skin side just long enough to make the skin brown and crisp. To remove from the broiler loosen the fish on one side, turn and loosen on the other side; otherwise the fish will cling to the broiler. Remove to a hot platter, spread with soft butter, sprinkle with salt, and garnish with potato balls, cucumber ribbons, water cress, and slices of lemon cut in fancy shapes.

Scalloped Salmon

Remove the salmon from the can, and rinse very thoroughly with hot water, then separate into small flakes; there should be one and one-half cupfuls. Melt two tablespoonfuls of butter; add two tablespoonfuls of flour (pastry flour, once sifted), and stir until well blended; then pour on gradually, while stirring constantly, one cupful of scalded milk. Stir until the boiling point is reached, then beat until smooth and glossy. Add the flaked fish, and season with one-half teaspoonful of salt, a few grains of pepper and a few grains of cayenne. A wire whisk is the best utensil for the making of sauces. Turn the mixture into a buttered baking dish, cover with three-fourths

Fried Pan Fish

Pan Fish

There is no lack of small or pan fish to choose from, and they are a convenient size for a small family. After cleaning, the herring, trout, butter fish and scup may be gashed an inch apart down to the bone; perch are generally skinned at the market, and smelts simply have the entrails removed. Then wipe, and lay each bone in fine corn meal, covering each side. The meal should first be salted and peppered. Fry several thin slices of fat salt pork slowly until crisp, then remove the scraps, lay in the fish, and turn when brown. Drain well when done, and serve on a hot dish garnished with parsley and sliced lemon with the rind pared nearly off and curled. Serve with any acid pickle preferred, in a sweet green pepper shell (see illustration).

of a cupful of buttered cracker crumbs, and bake on the middle grate until the crumbs are browned. For the buttered cracker crumbs allow three tablespoonfuls of melted butter, and stir it in lightly with a fork, that the crumbs may be evenly coated and light rather than compact. All these little things make a great difference in the results.

Shad Roe and Lettuce

Let the roes stand in cold salted water about fifteen minutes, then drain. Drop into warm water to which has been added two tablespoonfuls of lemon juice, and simmer for fifteen minutes. Drain, and plunge into cold water, and when cool

let them dry. Cut into slices one and one-half inches thick, season with salt and pepper, dip in beaten egg, then in grated bread crumbs, and fry in boiling lard until a light brown. Line a shallow bowl with crisp lettuce leaves so as to have the effect of a wreath, put in the broiled roe, piling it rather high in the center, and add a few lettuce leaves near the top.

Deviled Crabs

Carefully remove the meat from twelve hard crabs. Add to it one teaspoonful of salt and one saltspoonful of cayenne pepper carefully mixed in the meat, which must be cut quite fine. Beat two eggs, and add to them one pint of milk and two cupfuls of bread crumbs. Chop into the crab meat one-fourth of a pound of fresh butter, then add to it the milk, eggs and bread crumbs. Have the twelve crab shells washed and dried, and fill each one with the mixture, heaping it in the middle. Sprinkle over each one some fine crumbs and small bits of butter, and last of all moisten with one spoonful of milk. If mustard is desired, it can be added to the crab meat with the salt and pepper, but the flavor is more perfect if few condiments are used. In filling the shells should the mixture seem too dry, add a little milk; if too thin, add a few bread crumbs. These things depend on the size of the crabs.

Boiled Lobster

Lobster should always be bought alive, and never already cooked. Prepare a very strong court bouillon, the proportion of herbs and spices being double those that are ordinarily used, and when it boils, put in the lobster alive. Unlike other fish, shell fish is put first in boiling water. Boil from twenty to thirty minutes, according to the size. Let it cool in the court bouillon. Serve cold with a mayonnaise sauce, or take out the flesh, and put it into a bechamel sauce, and use for filling patties.

Bechamel Sauce au Maigre

Melt in a sauce pan one-half cupful of butter; stir in one tablespoonful of flour until smooth, then two-thirds of a pint of boiling milk, then add salt, pepper, chopped chives and parsley. Cook slowly in this sauce raw meats, such as chicken or veal cut into small square pieces, or warm up cooked cold meats sliced thin. Cold lamb is especially good warmed up in this way, and carrots, turnips or fish may be cooked in it with excellent results. With sweet breads, brains or oysters cooked in it, this sauce makes a good mixture for fillings of vol-au-vent, or patties. It is also used as a mixture for shell-fish meat intended for croquettes.

Buttered Lobster

Cook together one tablespoonful of butter and one of flour until they bubble. Pour upon them one-half pint of cream, and stir until a thick, smooth sauce. Into this put one pint of lobster meat cut into small pieces of uniform size. Stir until the lobster is hot through, and season to taste with salt and cayenne pepper. At the last minute squeeze in the juice of a lemon, taking care that none of the seeds get in with the juice. Have ready small nappies or ramekins or scallop shells well buttered. Fill these with the lobster mixture, and strew the tops with fine bread crumbs. Over these put bits of butter so close together that all the crumbs will be crisped by them when the butter melts. Set the shells in the oven long enough to bring the crumbs to a golden brown. If the lobster is cool when it goes into the shells it is well to cover them until the contents are heated through, then uncover and brown. Serve in the shells, passing a quarter or an eighth of a lemon with each plate.

Creamed Oysters

Clean, and cook one quart of oysters in their own liquor until they are plump and the edges begin to curl, then drain. Melt one-fourth of a cupful of butter, add one-fourth of a cupful of flour, and gradually one pint of milk or part milk and part oyster liquor, and salt and pepper to season. Cook until thick, then add the oysters. One-half cupful or more of mushrooms may also be added. Pour into ramekin dishes, sprinkle with buttered crumbs, and bake until the crumbs are brown. These may be served on toast or in patty shells without the crumbs if ramekin dishes are not at hand.

Oyster Cocktail

For this small oysters are used, five or six for each person. For nine plates mix

together four tablespoonfuls each of vinegar, grated horseradish and tomato catchup, eight tablespoonfuls of lemon juice and a little tabasco sauce. Have the oysters very cold, and place them in small glasses, pouring over them the prepared sauce. The glass should be placed upon a plate, and served with both an oyster fork and a small spoon.

Oysters a la Creole

Drain twelve large oysters, and chop very fine; add one egg, salt, pepper and enough cracker crumbs to thicken. Put in a hot skillet, with a little lard, and fry until half cooked. Have seven large shells ready; fill with the oysters, and pack lightly. Brush the top with beaten egg, and sprinkle with cracker crumbs and a small piece of butter. Bake a light brown and serve hot.

Oyster Rolls With Mushroom Sauce

Remove the inside of a loaf of stale bread by first cutting off the top crust. Be careful that the crust fits again the same place. Leave a wall an inch thick inside; brush the inside and outside of the loaf with butter, and place in the oven to brown. Watch that it does not burn. Stew the oysters gently as for stew, removing when they swell. Fill the loaf or roll, and keep hot. Prepare the sauce as follows: Wash one quart of mushrooms, cut in pieces, and stew in oyster liquor with butter, a bay leaf and a little salt. Simmer gently for thirty minutes, then add one pint of sweet cream, and the yolks of two eggs well beaten, and stir constantly until it comes to the boiling point. Lay your bread roll on a hot platter, pour over the mushroom sauce, and garnish with flecks of chopped parsley.

Sauted Oysters

Select fresh oysters of medium size. Run each one through the fingers to remove every bit of shell adhering. Dip them into the liquor diluted with an equal part of cold water, and lay them on a pile of crumbs. The common Boston cracker rolled not too fine, and well seasoned with salt, and pepper freshly ground in a pepper mill, is the favorite mixture for covering the oysters, and these should be prepared before rinsing the oysters. Put a heaping tablespoonful of butter in a hot frying pan, and when melted lay in the oysters. When the pan is full begin at once to turn over those first put in, adding more butter if needed. They should be a pale brown in color, with the juice just beginning to sizzle. Serve at once and no seasoning will be required. Let them cook quickly, but watch that they do not burn. These are more delicious and more easily prepared than in deep fat, and when done properly no egg is needed with the crumbs.

EGGS

PRESUMABLY any one can boil an egg, and yet to properly boil an egg is a real art. Egg albumen will coagulate at from one hundred and thirty-five to one hundred and sixty degrees Fahrenheit, and for this reason eggs should be cooked at a low temperature.

Have boiling water in a sauce pan. Place the eggs in the water, cover the pan with a lid, and place on the back of the stove, where the water will not boil. In from eight to ten minutes they will be "soft boiled." Another way is to put the eggs in cold water, and gradually heat the water. They will be soft boiled when the boiling point is reached.

Eggs a la Bearnaise

Have ready an iron frying pan or any other shallow pan two-thirds full of boiling salted water, allowing one-half tablespoonful of salt to one quart of water. Put four buttered muffin rings in the water. Break each egg separately into a cup, and carefully slip into a muffin ring. See to it that the water covers the eggs and is just below the boiling point. When there is a film over the top and the white is firm, remove with a buttered skimmer to circular pieces of slightly buttered toast

arranged on a hot serving dish. Cover eggs alternately with red and yellow sauce, and sprinkle those covered with the yellow sauce with finely chopped parsley. Serve with sauce Bearnaise.

Sauce Bearnaise

Drain one-half of a quart can of tomatoes and let pulp boil fifteen minutes; then force through a pureé strainer. Put in a small sauce pan and stir constantly with a wooden spoon until the pulp is reduced to two tablespoonfuls. Beat the yolks of three eggs, slightly and add three tablespoonfuls of olive oil, two tablespoonfuls of hot water, three-fourths of a tablespoonful of tarragon vinegar, one-fourth of a teaspoonful of salt and a few grains of cayenne. Cook over boiling water, stirring constantly, until the mixture thickens. Color half the sauce with the tomato purée.

Eggs en Fromage

Melt one tablespoonful of butter in a sauce pan, add one scant cupful of rich grated cheese mixed with six slightly beaten eggs, and stir constantly until the mixture is smooth and creamy. Season to taste with salt and paprika, and turn out immediately on rounds of toast softened with hot milk and melted butter. Serve at once.

Omelets

Nothing is more simple to make than omelet, and few things are more delicious when well made, but for some reason the light, delicate dish which is met with everywhere in France seems to baffle our American cooks. Milk and flour must be avoided, and the omelet must not be cooked until it is hard and dry. Lightness and deftness of hand are prerequisites to secure the best results, but the game is essentially worth the candle, and practice will make perfect. An omelet must be cooked quickly and in a large pan. Do not mix flour or milk in it under any circumstances. It may be economical, but it makes it heavy, and thus made has none of the qualities of the omelet in the land of its invention. Use eggs only. Beat the eggs well, yellows and whites together, taking care not to beat them until they are thin and watery. For each six eggs heat two tablespoonfuls of butter in a frying pan. When it is quite hot put in the beaten eggs, with salt and pepper. With a fork bring the cooked part of the eggs from the edge to the center, and when it is thickened take hold of the pan, turn the omelet over on the dish, and serve at once. By turning over the edges while the center is still soft the omelet will be kept juicy and tender.

The omelet in its many varieties solves most satisfactorily the question of "left overs," since even the merest fragments of meat, vegetables or fruit may serve as the "motif" for a delicious omelet. The last, unpresentable scraps of the boiled ham, a slice or two of fried ham, cold beef, mutton or fowl may be minced, seasoned and stirred directly into the eggs, or it may be heated with cream and a little thickening, and spread upon the omelet just before it is folded. Fish may be used in either way, while a couple of sausages heated and rolled into the center of an omelet give it quite a different character.

There is also the vegetable omelet. A spoonful or two of peas or asparagus tips "left over" form the daintiest filling, while a tomato omelet with a dash of cayenne is most appetizing. So is the cheese omelet, in which are used grated, the hard bits of cheese unsuitable for the table otherwise; also the sweet omelet, which has added to the eggs a little sugar and cinnamon and is spread with that last spoonful of jam, jelly or preserves which is so often left to turn sour in the jar, because too small a portion for a dish in itself.

Pink Pickled Eggs in a Nest of Cheese Balls

These are made by boiling whole eggs hard, taking off the shells, leaving them whole and pickling them in with beet pickles. For the cheese, let sweet milk clabber sufficiently to separate the whey from the curd. Strain, and to the curd add a little each of salt, cream and butter, and mold in large bowl or teacups.

Planked Eggs

Butter an oval plank, and arrange a border of Duchess potatoes, also cases for eggs, using a pastry bag and tube. Put in the oven to reheat and brown the potatoes, then slip a poached egg in each case. Garnish with halves of broiled or sautéd tomatoes and parsley.

Poached Eggs a la Reine

Cover hot buttered toast made slightly moist with cream with fried mushrooms. Put a poached egg on the mushrooms, and pour over all a little cream sauce. Sprinkle grated cheese over the top and place in the oven until the cheese browns. Garnish with olives.

Stuffed Eggs

Boil six eggs until hard, then cut them in two lengthwise. Take out the yolks, and mash them with a little bread previously soaked in milk, a piece of butter the size of an egg, chopped parsley and chives, salt and pepper. Fill the whites with this dressing, giving them as much as possible the appearance of whole eggs. Roll in flour, and brown them lightly in butter. Serve them alone or with any sauce you choose.

Egg Tea

This is a good way to serve a raw egg. Beat the white to a stiff froth, and stir into it the yolk well beaten; season with a little sugar and a tiny pinch of salt. While stirring, pour very slowly into this one-half cupful of hot milk. Grate a little nutmeg over the top, or sprinkle over a little cinnamon.

Eggs on Toast

Toast the desired amount of bread and butter lightly, placing the pieces of toast on a baking pan, and drawing aside where it will keep hot. Select as many fresh eggs as you have pieces of toast, and separate the whites from the yolks. Beat the whites to a stiff foam and salt lightly; the foam should stand alone. Now place a spoonful of the beaten white on each piece of toast, arrange a round space in the center, and place the unbroken yolk in it. Add small bits of butter, salt and pepper, and place in a hot oven until the egg is cooked as desired. Serve hot.

VEGETABLES

THE spring and summer markets, with all their fresh, inviting products of Mother Earth, bring nothing else at once so delicately and delightfully flavored as vegetables. Many of them contain medicinal properties of great value—notably asparagus, carrots, celery, onions, tomatoes and spinach, but in order that these properties may not be destroyed, there is no article of food that requires greater care in cooking.

Asparagus

This vegetable can be served in a variety of ways. In France the largest asparagus with a purple tip is considered the best. In the United States the small green variety is in great favor. This last kind can be prepared like the first, but it is an improvement to cut each stalk close to where it begins to be tough, and serve it with sauce poured over it. The large asparagus needs to be scraped before cooking; it makes a great difference in its tenderness, and consequently in the quantity that can be eaten of each stalk. Take a small knife in the right hand, and hold the asparagus by the tip lightly, between the thumb and forefinger of the left. Rest the other end on the table, and scrape carefully all around, being careful not to break the tip. Cut the stalks all the same length. Wash, then tie the stalks in bundles of four or five. Every kitchen should have an asparagus boiler. This is a square box which helps to keep the vegetable from breaking. It is provided inside with a grating, on which the asparagus lies while cooking, and when done it is lifted out without any damage. Put them to cook in salted boiling water. It takes from fifteen to twenty minutes to cook them. To test if they are done, take out one of the small bundles, and press with the finger the tip of one of the largest stalks; if it is soft it is done. Remove the string, and arrange them on a dish when they are well strained. Serve with the sauce in a sauce boat, or if the small green asparagus is used, serve in a dish with the sauce poured over them.

Asparagus Mold

Make a cream sauce with two tablespoonfuls each of flour and butter, one-

half teaspoonful of salt, a dash or two of pepper, and one cupful of cream. When smooth and boiling add one-half cupful of cold chicken or veal chopped fine, one cupful of cooked asparagus tips and four well-beaten eggs. Line a well-buttered mold with cooked asparagus tips, and turn in the asparagus mixture. Set the mold in a dish of hot water, and bake in a hot oven until the center is firm. Then let stand a few minutes, invert over a shallow heated dish, and gently lift the mold. Serve at once with butter sauce.

Asparagus Piquante

Remove the coarse scales from the aspargus, tie it in a bunch, and cook in boiling water until done. Place the asparagus in a heated dish. To the water in which it was cooked add two tablespoonfuls of lemon juice or vinegar and poach in it as many eggs as there are persons to be served. To four tablespoonfuls of melted butter add one-fourth of a teaspoonful of salt, two or three dashes of pepper, and very gradually stir in two tablespoonfuls of lemon juice or vinegar. Place the eggs over the asparagus and pour the sauce over all. Serve at once.

Asparagus on Toast

Wash the asparagus carefully, after separating it, and tie each bunch into three bundles. Boil as for other recipes until nearly done, then add two level teaspoonfuls of salt, and cook five minutes longer. Cook a small onion, chopped fine, a bay leaf and six peppercorns in two tablespoonfuls of butter until it bubbles, but it must not be allowed to brown; add gradually three level tablespoonfuls of flour, and stir and cook until smooth and thick, then add two cupfuls of chicken or veal broth (milk may be used instead), and a pinch of nutmeg, and cook five minutes. Strain into a sauce pan, and add very gradually the well-beaten yolks of two eggs and one tablespoonful of lemon juice. Add bit by bit, to prevent boiling, one tablespoonful of butter, and stir until very hot, but it must not boil after the eggs are added. This quantity of sauce will be sufficient for two bunches of asparagus. Place the hot asparagus on rounds of hot toast and serve the sauce in a boat.

Boston Baked Beans

Soak two quarts of small dry beans over night; in the morning drain, add one quart of fresh water, and set on the stove to simmer until the skins can be blown from the beans. Drain again, and put the beans into a covered bean pot, adding one tablespoonful of molasses, one-half teaspoonful of dry mustard, one teaspoonful of salt and one-fourth of a pound of fat salt pork. Cover the beans with boiling water, and set in the oven to bake all day. Keep the beans covered with water until late in the afternoon, when the cover can be removed and the water cooked down to give the beans a nice brown. Serve on a platter, with the pork in the center.

String Bean Stew

String beans make a palatable stew. One-half pound of meat is sufficient for two quarts of beans. After the meat has been fried and has begun to boil, put the beans on top, cover closely, and allow the steam to come up through them. They may be stirred later, to prevent burning, and more water added. This dish is improved by two or three ripe tomatoes cut in pieces. A little onion may be fried with the meat. Okra may be substituted for the beans.

These dishes are rather improved than harmed if they simmer slowly for a time after they are cooked.

Brussels Sprouts With Celery

Clean one quart of sprouts, soak in cold water, and cook in boiling salted water until soft, then drain. Wash celery, and cut lengthwise in thin strips, then crosswise in small pieces; there should be one and one-half cupfuls. Melt three tablespoonfuls of butter, add celery, and cook two minutes; then add three tablespoonfuls of flour, and pour on gradually, while stirring constantly, one and one-half cupfuls of scalded milk. Add the sprouts, season with salt and pepper, and serve as soon as the sprouts are heated.

Stuffed Young Cabbage

Take a small, tender cabbage, and boil until tender, leaving it whole. Have ready pieces of left-over meat of any kind ground fine, with an equal amount of dried

bread crumbs. Season well and moisten with stock, gravy or a little cream. Cut out the center of the cabbage head and stuff with the meat preparation. Tie up in a cloth, and boil in salted water thirty minutes. Serve with brown sauce.

Creamed Carrots

Boil the carrots until tender, then skin them, and cut into thin slices. Put one cupful of cream and one tablespoonful of butter into a sauce pan, and when hot add the carrots. Let them simmer for a few minutes, season delicately, and serve. The cream may be slightly thickened with one teaspoonful of corn starch before adding the carrots.

Carrots a la Lyman

Wash and scrape carrots, and cut in small cubes; there should be two cupfuls. Cover with boiling water, and let stand five minutes. Drain, and cook in a small quantity of boiled salted water until soft then drain again. Melt three tablespoonfuls of butter, add three tablespoonfuls of flour, and pour on gradually, while stirring constantly, one cupful of chicken stock and one-half cupful of rich milk. Add carrots, and season with one-half teaspoonful of lemon juice, salt and pepper. As soon as thoroughly heated, add the yolks of two eggs slightly beaten, and serve.

Boiled Cauliflower

Pick off the outer leaves, and cut off the stem close to the flowers. Wash thoroughly in cold water, and allow to soak with the top downward in cold salt water, allowing one tablespoonful of salt to each gallon of water. This will draw out all hidden insects. Then tie in a piece of cheese cloth to keep it whole, place stem downward in a kettleful of slightly salted boiling water, and let cook, closely covered, until tender. When done, lift from the water, remove the cloth, place it on a heated dish with the flowers up. It may then be served with white sauce.

White Sauce

Rub one-fourth of a pound of fresh butter with one tablespoonful of flour, a little salt and pepper and one small cupful of warm water. Set it over the fire until it is well mixed, but do not let it boil. Remove from the fire, and add the juice of a lemon, a little chopped parsley and a little grated nutmeg. If a thick sauce is preferred, add the beaten yolk of an egg.

Cream Sauce

Melt four tablespoonfuls of butter, add four tablespoonfuls of flour and pour on gradually, while stirring constantly, two cupfuls of thin cream or rich milk. Season with salt and pepper.

Baked Cauliflower With Cheese

Boil the cauliflower until tender, break into small pieces, and put a layer in the bottom of a buttered baking dish. Cover with cream sauce, sprinkle with grated Parmesan cheese, and add another layer of cauliflower. Finish with a layer of the grated cheese, and brown delicately in a rather slow oven.

Creamed Celery With Poached Eggs

Make the cream sauce by any one of the methods in general use, but if the cream or milk be added to the flour and butter cooked together, let it first come in contact with only heat enough to remove the chill of ice. Or if the more hygienic method of our grandmothers be preferred, let the sauce cook at least twenty minutes in the double boiler before, with tender celery added (one and one-half scant cupfuls to one cupful of sauce), it be poured over the well-dried toast finished to a golden brown. But first dip the edges of each slice of toast in salted boiling water, that in eating, the fork may divide it with ease, then lightly spread them with butter. Above the celery set the freshest of eggs, cooked in salted water, which, as the French say, just "smiled" on one side. Garnish with a bit of parsley or cress and a stalk of curled celery. This dish needs to be served for luncheon or supper, for to be perfect no part of it can be done hastily.

Corn a la Southern

Chop one can of corn, and add two eggs slightly beaten, one teaspoonful of salt, one-eighth of a teaspoonful of pepper, and one and one-half tablespoonfuls of melted butter; then pour on gradually, while

stirring constantly, two cupfuls of scalded milk. Turn into a buttered pudding-dish and bake in a slow oven until firm, the time required being about thirty-five minutes. It must always be borne in mind that eggs and milk in combination should be cooked at a low temperature. Corn à la Southern is most unsatisfactory if it is allowed to whey.

Stuffed Cucumbers

Pare the cucumbers, cutting the peeling as thin as possible. Divide each cucumber in half lengthwise, and carefully scoop out the seeds and soft pulp, so that the walls of the cucumber may be left intact. Have ready a filling made of one cupful of minced cold chicken, one cupful of fine bread crumbs, one teaspoonful of minced parsley, ten drops of onion juice, one tablespoonful of melted butter two tablespoonfuls of cream, and salt and pepper at discretion. If the filling seems too stiff, soften it with more cream. Pack this stuffing into the cucumber boats, rounding the filling over the top, and place them side by side in a baking dish. Pour around them a well-seasoned stock or gravy, sprinkle the cucumbers with fine crumbs, and bake covered half an hour, then uncover and brown. Transfer carefully to a heated dish. Thicken the gravy in the pan with a little browned flour, boil up once, and pour around the cucumbers.

Fried Eggplant

Choose a large purple eggplant, and parboil to remove the bitter taste. Cut in slices one inch thick, but do not peel them. Season with salt and pepper, and dip each slice into the beaten yolk of egg, then into bread crumbs, and fry in boiling lard or sweet oil. When prepared in this way it tastes very much like soft-shell crabs.

Stuffed Eggplant

Remove the pulp from the eggplant, being careful not to break the shell. Soak some bread in milk for a few minutes. Chop very fine any left-over cooked meat that you happen to have, and mix with it parsley, shallots, salt and pepper, and a few mushrooms if desired, then add the eggplant pulp and soaked bread. Chop and pound the mixture to a paste, fill the eggplant shells, sprinkle the top with some pieces of butter, set in a fire-proof dish, and put in the oven for eight or ten minutes. Serve on the same dish in which it has been cooked. The meat and mushrooms may be omitted if preferred, in which case the quantity of soaked bread should be increased. Tomatoes may be prepared in exactly the same way.

Mushrooms

It is more prudent to use only young mushrooms. When they become old enough to be flattened and blackish underneath they are not so easily digested, and without being poisonous they might make one ill. So much has been said, and is still said, about good and bad mushrooms that it seems unnecessary to call attention to the danger of using any but those gathered by persons who have full knowledge of the poisonous and non-poisonous varieties. The cultivated mushrooms can be used without fear, and in our markets those gathered wild have generally been carefully inspected, but there is great danger in buying mushrooms from irresponsible venders. The mushrooms should be peeled and thrown in acidulated water at once; this keeps them from turning red. When they are large they are cut in several pieces, according to their size.

Broiled Mushrooms

Peel, and remove the stems from large mushrooms, and arrange them on the gridiron the inside uppermost. When cooked, put them on the dish, and in each put a piece of butter the size of a small filbert already mixed with salt, pepper, chopped parsley, and chives if desired. They can also be used sur canapé—that is, on small thin bits of buttered toast.

Smothered Mushrooms

Melt four tablespoonfuls of butter in a spider, add one and one-half pounds of fresh mushrooms, sprinkle with one teaspoonful of salt, one-eighth of a teaspoonful of pepper or paprika, a drop of onion juice to each mushroom, cover, and cook slowly until tender; then dredge with three tablespoonfuls of flour, add one and one-half cupfuls of chicken stock, one-half cupful of cream, a few grains of nutmeg, and let cook, stirring gently,

until the sauce thickens. Then remove from the fire, and add the yolks of two eggs slightly beaten. Serve on puff paste points.

Boiled White Onions

Peel the onions, and boil in three changes of salted water. When done, add one teaspoonful of corn starch dissolved in one teacupful of sweet milk or cream, one teaspoonful of sugar, one-half teacupful of orange juice and one tablespoonful of butter. Let them boil up, and serve hot.

Stuffed Onions

Boil fine white onions in slightly salted water for one hour and thirty minutes, changing the water three times. Lift them out onto a cloth, and with a sharp knife remove the center. Mix two tablespoonfuls of finely chopped cooked ham with one-half cupful of bread crumbs; pour over this one tablespoonful of melted butter, one tablespoonful of cream, one-half teaspoonful of salt and a dash of pepper. Fill the onions with this mixture, and wrap each in a piece of buttered tissue paper, and twist the paper securely at the ends. Place them in a baking pan, baste with melted butter, dust with bread crumbs, and bake in a slow oven one hour. Remove the paper, put into a deep dish, and pour cream sauce over them. This is one of the most delightful ways of cooking onions.

Lenox Peas

Cut two thin slices of bacon in small pieces, and when tried out add two slices of onion; cook five minutes, taking care that the onion does not burn, then strain the fat into a stew pan. Drain one can of peas (or use green peas), rinse thoroughly in cold water, and let stand at least thirty minutes to become reoxygenated; then cover with cold water, bring to the boiling point, and drain. Add the peas to the bacon fat, and shake over the fire until thoroughly heated. Add one tablespoonful each of butter and sugar, and season with salt and pepper.

Stuffed Green Peppers

Make baskets of the peppers by cutting a slice off the stem-end of each. Remove the seeds without breaking the sides of the peppers, taking care not to touch the seeds with the fingers. Drop the peppers into boiling water, and cook for five minutes, then take them out, and drain. Prepare a stuffing of minced meat well seasoned with salt, pepper and onion juice, and fill the peppers with this. Stand them side by side in a baking dish, putting the "lids" on the peppers. Pour over and around them one cupful of well-seasoned gravy, cover the dish, and bake for twenty minutes in a steady oven, then uncover, and leave thus for five minutes longer. Send to the table in the dish in which they were cooked.

Potatoes

Potatoes contain about eighteen per cent of starch, therefore are force producers and heat givers; but lacking in proteid they should be used in combination with meat, fish or eggs. Starch is insoluble in cold water, and almost soluble in boiling water. Cold water simply separates starch grains, boiling water causes them to swell and burst. Raw starch is not digestible, therefore all foods containing starch, if to be cooked in water, must be cooked in boiling water, and thoroughly cooked, too. To boil potatoes select such as are of uniform size. Wash, pare and drop at once into cold water to prevent discoloration, and let soak for half an hour. Drain and cook in boiling water to cover until soft, which is easily determined by piercing with a skewer. Drain from the water, return to the hot sauce pan in which they were cooked, sprinkle with salt, and shake. The potatoes will then become very "mealy." Send to the table in a hot, uncovered vegetable dish.

Creamed Potatoes—Club-House Style

Wash potatoes, and cook in boiling salted water with their jackets on. Drain, and let stand twenty-four hours. Peel, and cut in one-third-inch cubes. Put in a sauce pan with one tablespoonful of butter to each cupful of potato cubes. Sprinkle with salt, and generously with paprika. Add thin cream just to cover the potatoes, and cook very slowly for forty-five minutes. Its success depends upon the long slow cooking.

Duchess Potatoes

Season two cupfuls of hot riced potatoes with two tablespoonfuls of butter,

half a teaspoonful of salt and a few grains of cayenne; then add the yolks of three eggs, slightly beaten.

French Fried Potatoes

Wash and pare seven medium-sized potatoes, cut in halves lengthwise, then cut each half in quarters lengthwise, and soak one hour in cold water to cover. Take from the water and dry between towels. Have at hand a Scotch kettle of hot lard at the right temperature for cooking uncooked foods, otherwise the potatoes will either absorb fat or become too brown before thoroughly cooked. This temperature is: when the fat begins to smoke, drop in an inch cube of bread cut from the soft part of the loaf, and if in one minute the bread is a golden brown the lard is at the right temperature for the frying of the potatoes. Put in one-third of the potatoes, and keep in motion by using a skimmer until very delicately browned and cooked throughout. Remove with the skimmer to a pan lined with brown paper. Cook and drain remaining potatoes in the same way, then return all to the hot fat for a final browning and reheating. Drain again on brown paper, and sprinkle with salt.

Maitre d' Hotel Potatoes

Wash, pare and shape the potatoes in balls, using a French vegetable cutter, or if such a utensil is not at hand, cut the potatoes in one-half-inch cubes; there should be two cupfuls. Soak for fifteen minutes in cold water, drain, and cook in boiling salted water until soft. Again drain and pour over.

Maitre d' Hotel Butter

Cream three tablespoonfuls of butter, and add one and one-half teaspoonfuls of lemon juice, one-half teaspoonful of salt, one-eighth of a teaspoonful of pepper and one-half of a tablespoonful of finely chopped parsley.

Potato Nests

Wash, pare, and cut the potatoes in thin strips, using a slicer. Soak fifteen minutes in cold water, drain and dry between towels. Line a fine wire strainer four inches in diameter and having a wire handle with the potatoes, place a smaller strainer two and one-half inches in diameter in the larger strainer, thus holding the potatoes in nest shape. Fry in deep fat, taking care that the fat does not reach too high a temperature at first. Keep the small strainer in place during the frying with a long-handled spoon. Carefully remove the nests from the strainers, drain on brown paper, and sprinkle with salt. Fill with small fillets of fried fish.

Scalloped Sweet Potatoes

Peel, and cut the potatoes into slices less than half an inch thick. Pack into pudding dish, strewing each layer with salt, pepper, a very little sugar and bits of butter. When all are in, pour in four tablespoonfuls of boiling water in which one teaspoonful of butter has been melted. Cover the surface with fine crumbs, pepper and salt, and drop dots of butter thickly over it. Bake covered for thirty minutes, then brown.

Sweet Potatoes, Southern Style

Season mashed boiled sweet potatoes with butter, salt and pepper; moisten with rich milk and beat vigorously. Put in a buttered baking dish, leaving a rough surface. Pour over this a syrup made by boiling two tablespoonfuls of molasses and one teaspoonful of butter three minutes. Bake until delicately browned.

Candied Yams

Sweet potatoes in some form are always served with roast pig. Peel the potatoes, cut in strips, and boil in a little water until tender. Place in an earthen baking dish, and add one tablespoonful of butter, one cupful of sugar, and enough water to make a syrup. Bake in a moderate oven.

Spinach

Pick it over carefully, discarding the ends of the leaf stalks if very coarse and thick, and all wilted portions of foreign matter. Rub the leaves well in tepid water, changing it five times, or until clear. Lift it by handfuls from the last water directly into the kettle, cover, and cook slowly until the juice is drawn out, then boil until tender. No extra water is needed. Turn into colander, and let cold water run through it, unless you especially like

the strong flavor, then chop fine, and heat again, adding salt, butter and lemon juice. Mold it in small cups, and serve hot as a vegetable entrée. Garnish with whole yolks and minced whites of eggs and sprigs of parsley.

Summer Squash

Summer squash should be cooked the day it is picked, stewed in as little water as possible, then mashed, and turned into a square of cheese cloth, the ends of the cloth twisted until a part of the moisture is pressed out, seasoned with salt and butter, and served hot. The water or juice which is drawn out may be used for a white sauce or in a soup.

Stuffed Tomatoes

Wipe six medium-sized tomatoes and cut a slice from the stem end of each, leaving the slices for covers; then remove seeds and pulp, sprinkle inside of tomatoes with salt, invert, and let stand half an hour. Moisten one and one-half cupfuls of bread crumbs with half a cupful of melted butter; add three-eighths of a cupful of pulp taken from the tomatoes; then season with salt, pepper and onion juice. Refill tomatoes with the mixture, place in a buttered pan, and bake in a hot oven twenty minutes.

Tomato-Oyster Pie

Line a buttered baking dish with bread crumbs, and put in a layer of tomatoes from which the juice has been drained; cover with a layer of oysters, seasoning, and little bits of butter, then another layer of crumbs, tomatoes, oysters and seasoning, and two tablespoonfuls of butter cut in small bits. Bake in a hot oven until nicely browned. Left-over pieces of meat chopped fine, combined with tomatoes, may also be pleasingly used in this way.

SALADS

OR apple and nut salad select large, firm apples, and cut a slice off the top of each. Hollow out the fruit with a sharp knife until you have a cup large enough to hold a generous amount of salad. Mix nuts broken into rather small pieces and dice of apple until you have sufficient to fill the cup and heap on top. Place each apple on lettuce leaves, and pass with the salad a good mayonnaise dressing. This salad ought not to be prepared until just before it is to be served, as the fruit has a tendency to darken.

Asparagus Salad

Boil asparagus until tender, then drain it, and pour cold water upon it to blanch it. Take it from this at the end of fifteen minutes, and put on ice until chilled through. Lay three or four sticks of it on each plate, with one spoonful of mayonnaise or cream dressing if preferred.

Cream Dressing

One teaspoonful of mustard, one teaspoonful of salt, two teaspoonfuls of flour, one and one-half teaspoonfuls of powdered sugar, a few grains of cayenne, one teaspoonful of melted butter, yolk of one egg, one-third of a cupful of hot vinegar, one-half cupful of heavy cream.

Mix the dry ingredients, add the butter, and egg yolk slightly beaten; then add the vinegar slowly. Cook over hot water, stirring constantly, until the mixture thickens; cool, and add to heavy cream beaten until stiff.

Brazilian Salad

Remove the skin and seeds from white grapes, and cut in halves lengthwise. Add an equal quantity of shredded fresh pineapple, apples, pared, cored, and cut in small pieces, and celery cut in small pieces, and one-fourth the quantity of Brazil nuts cut in pieces. Mix thoroughly, season with lemon juice, and moisten with mayonnaise dressing. Trim saltines on ends so that when put together they will make squares. Put four crackers on each salad plate, and tie in place with a narrow ribbon to form a small case. Insert in each case a nest of lettuce leaves, and then fill with the salad mixture. Garnish with green leaves and red berries.

Caviar Canapes

Slice bread one day old in half-inch slices. With a biscuit cutter stamp it into rounds, spread with butter, and toast in the oven. Mix some caviar with lemon juice to taste. Put a shrimp in the center of each round of bread, surround with a thin ring of caviar, and sprinkle the caviar with the yolk of a hard-boiled egg rubbed through a sieve. Serve on lettuce.

Chicken Salad

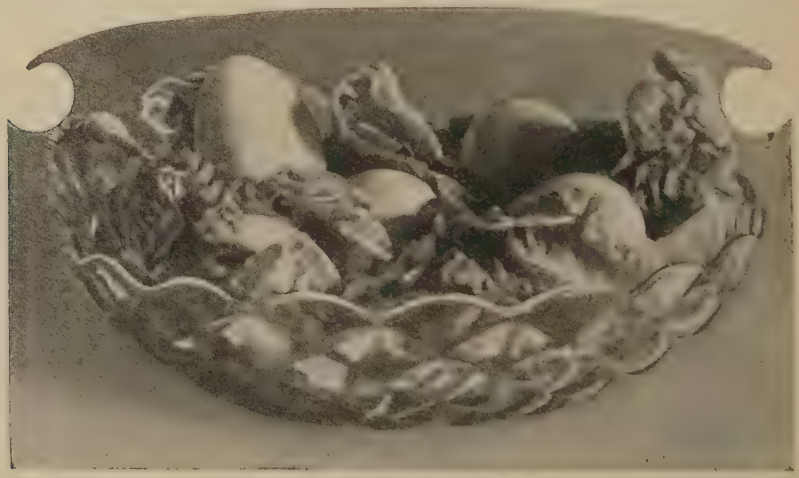
This should be prepared the day before. Boil one or two young hens until tender. When cold, chop finely, using preferably the white meat. Add about one-fifth chopped celery, or if unavailable, finely chopped cabbage, two or three chopped hard-boiled eggs, two or three boiled eggs finely mashed in sufficient vinegar to moisten, adding a little mustard and celery seed.

Colonial Cold Slaw

Cut cabbage very fine. Over it sprinkle salt, pepper, celery seed and a spoonful of sugar. Break one egg into a sauce pan; beat, then add one-third cream, two-thirds cider vinegar and a small lump of butter. Let come to a boil and remove quickly. Pour over the slaw and set aside to cool.

Stuffed Cucumber Salad

Cut ripe, peeled tomatoes into small cubes; mix with them one-fourth as much celery cut into dice, and season all with a good French dressing in which there is a good quantity of onion juice or shredded young onion. Peel cucumbers carefully, making the paring very thin, and cut them in two lengthwise, so as to make two boat-shaped halves. Scoop out the inside, and cut this into dice; add this to the tomato and celery before the dressing is put with them. Heap the cucumber shells with this mixture, and lay each on a lettuce leaf. If cucumbers are expensive, tomato baskets may be made. Do not peel the tomatoes for this, and fill with cucumber and celery, well seasoned.



Stuffed Egg Salad

Egg Salad

For an Easter dinner an egg salad would be permissible, but it usually appears for a luncheon dish. Cut four hard-boiled eggs in halves crosswise in such a way that the tops of the halves may be cut in small points. Remove the yolks, mash and add half the quantity of finely chopped cooked chicken. Moisten with olive oil or melted butter, and season with salt, pepper and vinegar. Shape in balls the size of original yolks, and refill the whites. Arrange on lettuce leaves, and garnish with radishes cut in fancy shapes.

MARION HARLAND

Noted Writer, and Author of "Marion Harland's Complete Cook Book" and, in Collaboration of "The National Cook Book"

Fish Salad

Boil halibut or other good white fish, putting it on in boiling water, to which has been added one teaspoonful of salt and one tablespoonful of vinegar. It should cook about twelve minutes for every pound. Take it from the water, and put aside to get perfectly cold. When ready to make the salad, cut the fish into neat pieces of uniform size, and place each upon a crisp leaf of lettuce. Lay a sardine, which has been drained from the oil, on top of every piece of fish. Make a good mayonnaise dressing, and just before sending to table stir into one-half pint of it two sardines, stripped of their skin and flaked fine. Squeeze a few drops of lemon juice on the sardines as the salad is about to be served. One spoonful of the dressing may be put on each portion of fish before serving it, or the mayonnaise may be passed in a bowl, with a ladle.

Mexican Jelly With Tomato Mayonnaise

Peel three large cucumbers and cut in thin slices. Put in a sauce pan, add one cupful of cold water, bring to the boiling point, and cook until soft; then force through a purée strainer. Add three tablespoonfuls of granulated gelatine dissolved in one cupful of water, four drops of onion juice, a few grains of pepper, a few grains of cayenne, one tablespoonful of vinegar, and salt to taste. Color with leaf green, and strain through a double thickness of cheese cloth. Turn into a border mold first dipped in cold water, chill thoroughly, remove from the mold, put the tomato mayonnaise in the center, and garnish with thin slices of cucumber cut with fluted cutter, circular pieces of truffle, crisp lettuce leaves and slices of tomato.

Nut Salad

Chop enough celery into half-inch lengths to make one pint, then add one pint of chopped apples and one-half pint of hickory-nut meats. Season with salt and pepper, let stand one hour, and shortly before serving cover with mayonnaise dressing. Stir well.

Pepper Salad

Take one cupful of tender, chopped green peppers, one cupful of chopped celery and two cupfuls of chicken. Add two chopped hard-boiled eggs, one cucumber pickle and salt to taste. Set away to chill. When ready to serve, pour over it a rich cream mayonnaise dressing. Garnish with parsley and olives.

Potato Salad

Mix with sliced boiled potatoes, three hard-boiled eggs, sliced, and season with salt and pepper. When cold, pour over a dressing of two tablespoonfuls of vinegar, four tablespoonfuls of olive oil, and a teaspoonful of onion juice.

Salmon Salad

Remove bones and skin from a can of salmon; drain off the liquid; tear salmon in small bits, and add several hard-boiled eggs cut fine; mix with thin mayonnaise. When very cold, serve on lettuce leaves.

Tomato Salads

Tomatoes are a great stand by for salad when they are in season. They may have the inside scooped out and be made delicious with almost any filling. They may be stuffed with green peas, with string beans, with celery, with cucumbers, with cold meat of any kind, provided it is minced or cut into dice and well seasoned first. Cold carrots sliced are good in them. So are raw oysters, or cooked shrimps, or sardines, or cold fish of nearly every kind. Almost anything will go well with tomatoes. If you wish to vary the salad still more, make baskets out of the tomatoes, leaving a piece of the top as a handle. It is little more trouble to do this than to cut the top of the tomato off in a single slice, but it makes a prettier dish of the salad. It may be served with a French dressing, or with a mayonnaise, or with any one of the good boiled dressings which make such excellent substitutes for mayonnaise.

French Dressing

Mix one-half teaspoonful of salt, one-fourth of a teaspoonful of pepper, two tablespoonfuls of vinegar and four tablespoonfuls of olive oil. Stir all together until well blended.

Mayonnaise Dressing

In a bowl mix one-half teaspoonful of salt, a dash of paprika and the raw yolks of two fresh eggs; then beat in two tablespoonfuls each of vinegar and lemon juice; add about one and one-half cupfuls of olive oil, one teaspoonful or more at a time, beating it in with an egg beater. By adding all the acid before the oil, and using a good egg-beater, the danger of curdling is eliminated, and the oil can be added in generous quantities from the start.

Tomato and Pine Apple Salad

Select tomatoes of a uniform size, scald quickly and peel. Cut a slice off the stem end, and scoop out the pulp, being careful not to break the wall; salt each tomato inside, invert on a plate, and chill thoroughly. Cut sliced pineapple in one-fourth-inch cubes, and blanch and shred almonds cut into narrow strips lengthwise, and toss the pineapple and nuts together; the proportion should be one-third nuts and two-thirds pineapple. Mix well with mayonnaise dressing, and refill the tomato cups. Star mayonnaise on top of each cup and nestle each in a nest of heart lettuce leaves.

Hollandaise Sauce

This is really a warm mayonnaise, and a most delicious sauce. Have on the back of the stove a panful of warm water; set in it a small sauce pan in which you have dropped the yolks of two eggs, and stir in about two-thirds of a cupful of butter the same as you would oil in mayonnaise. The butter must be put in in small quantities—the size of a filbert at a time. Do not leave the sauce for an instant. Keep the water just warm enough to melt the butter. When the butter is all in, season with salt and pepper. Take from the fire, and stir in the juice of half a lemon. The least inattention will make the sauce turn instantly. Serve immediately in a sauce boat with boiled fish, asparagus, artichokes or cauliflower.

Somerset Dressing

Mix half a cupful of olive oil, five tablespoonfuls of vinegar, half a teaspoonful of powdered sugar, one tablespoonful of finely chopped Bermuda onion, two tablespoonfuls of finely chopped parsley, one teaspoonful of salt and a few grains of cayenne. Cover, let stand one hour, then shake or stir vigorously for five minutes.

CAKES

O MAKE angel cake, take the whites of eight eggs, one teaspoonful of cream of tartar, one cupful of sugar, three-fourths of a cupful of flour, one-fourth teaspoonful of salt, three-fourths of a teaspoonful of vanilla. Beat the whites of eggs until frothy; add cream of tartar, and continue beating until eggs are stiff; then add sugar gradually, fold in flour mixed with salt and sifted four times, then add vanilla. Bake forty-five to fifty minutes in an unbuttered angel cake pan. After the cake has risen and begins to brown, cover it with a buttered paper.

Brandy Snaps

Heat half a cupful of molasses to the boiling point, and add one-third of a cupful of butter. Remove from the range, and when the butter is melted add gradually, while stirring and beating constantly, one cupful of flour mixed and sifted with two-thirds of a cupful of sugar and three-fourths of a tablespoonful of ginger. Drop small portions from the tip of the spoon onto a well-buttered, inverted dripping pan, two inches apart. Bake in a slow oven, cool slightly, remove from the pan, using a sharp long-bladed knife, and roll over the handle of a wooden spoon or shape cornucopia fashion. So dealt with, they make attractive cases for holding the salted nuts for the Christmas dinner. One may be placed at each cover and when the ice-cream course is served it will furnish the wafer for it.

Caramel Cake

One cupful of butter, two cupfuls of sugar, three cupfuls of flour, three eggs, one cupful of milk, one scant teaspoonful

of cream of tartar, one-half teaspoonful of soda. Bake in two round jelly tins.

Caramel Frosting for Filling

One cupful of granulated sugar, scant half cupful of milk, butter the size of a nutmeg; cook fifteen minutes, then beat to the consistency of cream, add one teaspoonful of vanilla; put this on the cake when cold. Then melt two squares of chocolate in a bowl placed over the teakettle, and pour on top of the cream after it is on the cake.

Christmas Cake

Cream half a pound of butter, and add gradually, while beating constantly, half a pound of sugar. Separate the yolks from the whites of six eggs; beat the yolks until thick and lemon-colored, the whites until stiff and dry, and add to the first mixture. Add half a pound of flour (excepting three tablespoonfuls, which should be reserved to dredge the fruit), mixed and sifted with half a teaspoonful each, of nutmeg, allspice and mace, and one-fourth of a teaspoonful of cloves; then add two tablespoonfuls of brandy and one tablespoonful of lemon juice. Add one and one-half pounds of raisins, seeded and cut in pieces, half a pound of currants, half a pound of citron, thinly sliced and cut in strips, and half a pound of figs, finely chopped and dredged with reserve flour. Beat thoroughly and put into a buttered angel-cake pan, dredged with flour; cover with buttered paper, steam three hours, and bake one and one-half hours in a slow oven, or bake four hours in a very slow oven. Remove from the pan and cover with ornamental frosting.

Citron Cake

Take the whites of nine eggs, two and one-fourth cupfuls of sugar, one and one-half cupfuls of butter, two cupfuls of sweet milk or cream, four and one-half cupfuls of flour, into which has been sifted one and one-half heaping teaspoonfuls of baking powder, two teaspoonfuls of lemon, one pint of candied citron, or watermelon preserves, which have been chopped and floured before adding. Bake in large loaf cake pan, and ice with boiled icing.

Brandy Snaps Shaped in the Form of Cornucopias and Filled With Salted Nuts

Vanilla Cookies

Six eggs, one pound of powdered sugar, one pound of pastry flour and one-half teaspoonful of vanilla extract. In making these delicious cakes be sure to have sugar and flour weighed accurately. Stir the sugar and eggs for half an hour. Use perforated spoon with a wooden handle and a round-bottomed mixing bowl. Then add flavoring and flour, which should be sifted once after weighing; beat the entire mixture through. Now, have a cup of water at hand; dip a large teaspoon into the water; take up a rounding spoon-

ful of dough and drop it on the tin; continue until all the dough is used up. Be careful to have cakes of an even size and shape; place at least two inches apart; let stand in cool place over night, then bake in moderate oven.

When done these cakes must be light colored and have the appearance of being frosted. This is caused by the heavy parts of the mixture settling, leaving the froth of the eggs on top.

Cream Puffs

One cupful of hot water, one cupful of sifted flour, one-fourth of a cupful of butter, four eggs. Put the water and butter in a sauce pan over the fire, and when it boils add all the flour at once, and stir quickly over the fire until it forms a ball which leaves the pan. Set aside until partly cool, then add one egg at a time, beating all the time, until the four are used; then beat vigorously for about five minutes. Drop by tablespoonfuls on a buttered tin about two inches apart. Bake in a rather quick but steady oven twenty or twenty-five minutes. When done the puffs are light weight. In the baking lies the success; if removed before they are thoroughly done they will fall.

Filling

One cupful of milk, two eggs, one rounding tablespoonful of corn starch, four rounding tablespoonfuls of sugar, add one teaspoonful of vanilla when cold. Put the milk over the fire in a double boiler, beat the eggs, add the sugar, then the corn starch; beat until light, then add to the boiling milk.

Crullers

Good, rich, sweet cream is used, taking one tablespoonful to each well beaten egg. Also one tablespoonful of granulated sugar to an egg, adding a small half teaspoonful of soda (dissolved), a little grated nutmeg and salt. Mix very tender with flour. Roll thin as cookies, cutting off small oblong pieces, and then cutting each piece part way with knife into two or three slashes. Fry very carefully to keep the color of a lady finger. Sugar the crullers in pulverized sugar. Each egg will make about one dozen. These are usually made in small quantities, as they are best when freshly made.

Doughnuts

To four cupfuls of pastry flour (once sifted) add one and one-half teaspoonfuls of salt, one and three-fourths teaspoonfuls of soda, one and three-fourths teaspoonfuls of cream of tartar and one-half teaspoonful of grated nutmeg. Work in one-half tablespoonful of butter, using the tips of the fingers; then add one cupful of sugar, one cupful of sour milk, and one egg, well beaten. Mix thoroughly, and toss on a board thickly dredged with flour. Knead slightly, and roll to one-fourth inch in thickness. Shape with a doughtnut cutter, fry in deep fat until browned on both sides; drain on brown paper; dust with powdered sugar.

Doughnuts

Black Fruit Cake

Cream one cupful of brown sugar, one cupful of white sugar and one cupful of butter. Mix one pound of raisins, one pound of currants and one pound of citron with five cupfuls of sifted flour. Add to the butter and sugar three well-beaten eggs, one cupful of molasses, one cupful of milk, one teaspoonful of soda, cloves, cinnamon and nutmeg, and lastly the mixture of fruit and flour. Bake in two loaves in a rather slow oven.

Christmas Fruit Cake

Rub one and one-half cupfuls of powdered sugar and one cupful of butter to a cream, and put with them the yolks of six eggs well beaten, one cupful of sifted flour, one-half teaspoonful of ground cloves and one teaspoonful each of powdered cinnamon and ground nutmeg. Have the whites of the eggs whipped stiff, and put them in now, with another cupful of flour. Add one-half pound of raisins seeded and chopped, one-half pound of cleaned currants, and one-fourth of a

pound of shredded citron, all well dredged with flour. Stir them into the cake, and bake this for two hours in a steady oven. This is an old Virginia Christmas cake.

Gingerbread

Melt one-third of a cupful of butter in two-thirds of a cupful of boiling water, and add one cupful of molasses, and one egg well beaten. Mix and sift two and three-fourths cupfuls of pastry flour (once sifted), one and one-half teaspoonfuls of soda, one-half teaspoonful of salt and two teaspoonfuls of ginger. Add to first mixture, beat thoroughly, turn into a buttered and floured shallow pan, and bake in a moderate oven thirty minutes. Vary the flavor sometimes by using one teaspoonful each of ginger and cinnamon and one-fourth of a teaspoonful of cloves; then bake in buttered and floured individual tins.

Lady Baltimore Cake

Cream one cupful of butter, using a wooden cake spoon, then add gradually, while beating constantly, two cupfuls of fine granulated sugar. When very creamy add one cupful of milk alternately with three and one-half cupfuls of pastry flour mixed and sifted with two teaspoonfuls of baking powder; then add one teaspoonful of vanilla and the whites of six eggs beaten until stiff and dry. Bake in three buttered and floured shallow square cake tins, and put between and on top the following: Put three cupfuls of sugar and one cupful of water in sauce pan; heat gradually to the boiling point, and boil without stirring until syrup will thread when dropped from tip of spoon. Pour syrup gradually on beaten whites of three eggs, beating the mixture constantly, and continue the beating until of the right consistency to spread; then add one cupful of chopped seeded raisins, one cupful of chopped pecan nut meats, and five figs cut in thin strips. Crease frosting as soon as firm.

Lady Fingers

Beat whites of three eggs until stiff and dry, and add gradually, while beating constantly, one-third of a cupful of powdered sugar; then add yolks of two eggs beaten until thick and lemon colored, and one-fourth of a teaspoonful of vanilla. Cut and fold in one-third of a cupful of pastry flour mixed and sifted with one-eighth of a teaspoonful of salt. Shape four and one-half inches long and one inch wide on a tin sheet covered with unbuttered paper, using a pastry bag and tube. Sprinkle with powdered sugar, and bake eight minutes in a moderate oven. Remove from paper with a knife.

Layer Cake

One and one-fourth cupfuls of sugar, one-half cupful of butter, one-half cupful of sweet milk, two cupfuls of flour, two teaspoonfuls of baking powder and three eggs. Cream butter and sugar thoroughly, beat yolks stiff and stir in, then add milk, then beat whites, add flour, and then beat hard.

Macaroons

One pound of hickory nuts, cut fine, four tablespoonfuls of flour and one teaspoonful of baking powder sifted over them. Add one pound of powdered sugar, the whites of six eggs. Make into small balls and bake in a moderate oven. In mixing add sugar and eggs, then the nuts.

Marble Cake

For the light part take one and one-half cupfuls of white sugar, one-half cupful of butter, one-half cupful of sweet milk, one teaspoonful of soda, one teaspoonful of cream of tartar, whites of four eggs, two and one-half cupfuls of flour. For the dark part, one cupful of brown sugar, one-half cupful of molasses, one-half cupful of butter, one-half cupful of sour milk, one-half teaspoonful of soda, one teaspoonful of cream of tartar, two and one-half cupfuls of flour, yolks of four eggs, one-half tablespoonful each of cloves, allspice, cinnamon and nutmeg, ground. When each part is ready drop a spoonful of dark, then of light, in dish in which it is to be baked. Each layer the same.

Black Walnut Mocha Cake

Cream one-half cupful of butter, add gradually one cupful of granulated sugar, and one cupful of black walnut meats broken in pieces. Sift one and three-fourths cupfuls of flour with two and one-half teaspoonfuls of baking powder, and

add to the first mixture alternately with one-half cupful of strained strong black coffee; flavor. Bake in a moderate oven thirty-five minutes. Remove from the pan, and spread with maple frosting.

Molasses Cake

One-half cupful of butter, one cupful of sugar, one-half cupful of molasses, one cupful of milk, one and one-half pints of flour, one and one-half teaspoonfuls of baking powder, one egg; mix and bake in oven forty minutes.

Nut Cake

Cream one cupful of butter with two cupfuls of sugar; stir in the yolks of four well-beaten eggs, one cupful of cold water, one-half teaspoonful of cinnamon and three cupfuls of flour (in which two teaspoonfuls of baking powder have been sifted) alternately with the whites of the eggs beaten stiff. Have ready two cupfuls of nut kernels—white or English walnuts—well dredged with flour, and stir these into the cake. Bake in a loaf in a steady oven. When cold, ice and decorate with nut kernels.

Walnut Cake

Four eggs, three cupfuls of flour, one-half cupful of butter, three teaspoonfuls of baking powder, one-half cupful of milk and two cupfuls of sugar. Proceed in the usual manner to make the cake, and just before putting the two layers in the oven sprinkle one small cupful of chopped nutmeats on each. Bake slowly, and ice with a boiled icing.

Nut Filling

Make plain boiled icing slightly thinner than for the top of the cake, and thicken with one cupful of chopped nut meats for each layer. Frost the top in the usual manner.

Pecan Caramel Cake

One cupful of butter, two cupfuls of sugar, one cupful of sweet milk, three cupfuls of flour, two teaspoonfuls of baking powder, whites of seven eggs, one teaspoonful of vanilla and one cupful of chopped pecans. The pecans should be added last. Bake in layers. To make the caramel filling, put two cupfuls of sugar and one-half cupful of milk in a sauce pan, and boil until it threads. In another melt one cupful of white sugar until it is like molasses. Pour this slowly into the milk and sugar. Boil up, and add one tablespoonful of butter, one tablespoonful of vanilla and one cupful of chopped pecans. Remove from the fire, and stir until it is thick enough to spread between the layers and on the outside. Decorate with whole pecan meats.

Pound Cake

Twelve eggs, one pound of butter, one pound of sugar and three-fourths of a pound of flour. Beat the eggs separately until very light. Wash all salt from the butter, and sift the flour into it a little at a time, creaming quite smooth. Beat the yolks of the eggs with the sugar, add the whites, and beat together until very light. Add these to the flour, and mix well. Season with one teaspoonful of lemon extract. Butter the pans, and bake, giving it time to rise as you would loaf bread.

Shrewsbury Rings

Work half a cupful of butter until creamy, using a wooden cake-spoon; then add gradually, while beating constantly, one cupful of sugar and one egg, well beaten. Mix and sift one and three-fourths cupfuls of flour with two teaspoonfuls of baking powder and add to the first mixture. Toss on a floured board and roll one eighth of an inch thick, dealing with but half of the mixture at a time. Shape with a doughnut cutter, first dipped in flour, brush over with white of egg, and sprinkle with sugar mixed with cinnamon, using one tablespoonful of sugar to one-fourth of a teaspoonful of cinnamon. Blanch and split Jordan almonds, and arrange three halves at equal distances on each wafer. Place on a buttered sheet, and bake eight minutes in a moderate oven. Cool before packing in a tin box. This recipe makes about three and one-half dozen rings. Arrange for serving, overlapping one another in circular shape, on a fancy plate covered with a doily.

Sycamore Cake

To one beaten egg take a tablespoonful of brown sugar, a little salt and enough flour to make a batter. Bake on griddle. When done remove quickly and roll over knife handle. Dust with powdered sugar. To be eaten cold.

Cream Sponge Cake

Beat the yolks of four eggs until thick and lemon-colored, and add gradually, while beating constantly, one cupful of granulated sugar; then add three tablespoonfuls of cold water. Put one and one-half tablespoonfuls of corn starch into a cup, and fill the cup with flour. Mix and sift corn starch and flour with one and one-half teaspoonfuls of baking powder and one-fourth of a teaspoonful of salt and add to the first mixture. When thoroughly mixed add the whites of four eggs, beaten until stiff, and one teaspoonful of lemon extract. Turn the mixture into two buttered and floured square cake-tins, and bake in a moderate oven for twenty-five minutes. Remove from the pans, and sprinkle with powdered sugar. Cut in diamond-shaped pieces and arrange on a fancy cake plate covered with a doily.

Sunshine Cake

Take the whites of ten eggs, one and one-half cupfuls of powdered sugar, the yolks of six eggs, one teaspoonful of lemon extract, one cupful of flour, one teaspoonful of cream of tartar. Beat the whites of the eggs until very stiff, add sugar gradually and continue beating; then add yolks of eggs beaten until thick and lemon colored, and extract, cut and fold in flour mixed and sifted with cream of tartar. Bake fifty minutes in a moderate oven.

Lemon Wafers

One cupful of granulated sugar, two eggs, one and a half cupfuls of pastry flour, one teaspoonful of alcohol and one-half teaspoonful of lemon extract. Cream the eggs and sugar ten minutes; add the other ingredients; drop on the tin like vanilla cookies, but bake at once.

This recipe can be varied by replacing the lemon with a few drops of rose extract and a tinge of red-fruit coloring.

White Mountain Cake

Put one cupful of sugar and one-third of a cupful of boiling water in a smooth granite ware sauce pan, and stir to prevent the sugar from adhering to the pan. Heat gradually to the boiling point, and boil without stirring until the syrup will thread when dropped from the tip of the spoon. Pour the syrup gradually, while beating constantly, on the beaten white of one egg, and continue the beating until the mixture is of the right consistency to spread. Flavor with one teaspoonful of vanilla, and pour over the cake, spreading evenly with the back of a spoon. Crease as soon as firm. If not beaten long enough the frosting will run; if beaten too long it will not be smooth. Frosting beaten too long may be improved by adding a few drops of boiling water. This frosting is soft inside, and has a glossy surface.

Shrewsbury Rings Arranged on a Plate Covered With a Doily and Garnished With Sprigs of Holly

O MAKE plain paste wash one-fourth of a cupful of butter, pat, and form in circular piece. Add one-half teaspoonful of salt to one and one-half cupfuls of pastry flour, and work in one-fourth of a cupful of lard, using tips of fingers. Moisten with cold water to form a dough, knead, cover, and let stand five minutes. Toss on a board dredged sparingly with flour, pat, and roll one-fourth of an inch thick, keeping paste a little wider than long and corners square. Place butter on center of lower half of paste. Cover butter by folding upper half of paste over it. Press edges firmly, to enclose as much air as possible. Fold right side of paste over enclosed butter, the left side under enclosed butter. Pat, and roll out, fold so as to make three layers, turn halfway around, pat, and roll out again; repeat this process twice.

Almond Tarts

Beat the yolks of four eggs until thick and lemon colored, and add gradually, while beating constantly, one cupful of powdered sugar; then cut and fold in the whites of four eggs, beaten until stiff and dry. Add one-third of a cupful of grated unsweetened chocolate, half a cupful of Jordan almonds, blanched and finely chopped, one teaspoonful of baking powder and three-fourths of a cupful of cracker dust. To obtain cracker dust, roll common crackers and put through a fine strainer. Turn into a buttered and floured round tin and bake in a moderate oven. Cool, split and put whipped cream, sweetened and flavored with vanilla, between and on top. Garnish with whipped cream, forced through a pastry bag and tube, and candied fruits and angelica or citron arranged in any design that pleases one's fancy. This makes a most attractive dessert when baked in individual tins. As soon as cool remove centers, fill cavities thus made with whipped cream and garnish as desired.

Banana Short Cake

Two cupfuls of flour, one large teaspoonful of baking powder, two tablespoonfuls of creamed butter, a pinch of salt, and sufficient milk to make a soft dough. Roll out in two thin layers, and spread butter between, so they can be separated without cutting after baking. Bake in a quick oven, split, butter generously, and spread between the layers and over the top the following filling: Grate the peel of half an orange and use with the pulp of two oranges; rub five ripe bananas through a sieve, add the orange and one cupful of sugar, then stir in one-half cupful of thick cream sweetened and whipped. Serve cold.

Cherry Pie

Line a pie tin with good crust, fill with pitted cherries, sweeten with about two-thirds of a cupful of sugar, and sprinkle over it two spoonfuls of flour.

In making a fruit pie always remember to wet the edge of the under crust before putting on the top one, as this will prevent the juice from running out.

Colonial Cranberry Tart

Line a deep pie tin with rich paste, and fill it with jellied cranberries. Twist narrow strips of the paste and lay them across the top in lattice pattern. Twist a narrower strip around the edge, and bake in a hot oven. Serve cold with whipped cream.

Gooseberry Tarts

For these, make flaky pastry, roll thin, and bake in pie pans, or in little tart pans, filling with sweetened gooseberry sauce.

Lemon Pie

Cream one-half cupful of butter with one cupful of white sugar into which has been stirred one tablespoonful of flour; add slowly one cupful of hot water, stir until smooth, and cook in a double boiler for five minutes; add the well-beaten yolks of three eggs and the white of one and the juice and grated yellow rind of one large lemon or two small ones; line a deep pie tin with good paste, bake in a good oven, and fill with the partially cooled custard; make a meringue with the stiffly whipped whites of two eggs and four tablespoonfuls of powdered sugar, spread over the pie, and brown very delicately in a slow oven.

Lemon Tartlets

Line individual fluted tins with plain paste; fill with lemon filling and bake. Cool slightly, cover with meringue and return to the oven to bake the meringue.

Lemon Filling

Beat three eggs slightly, add two-thirds of a cupful of sugar, one-fourth of a cupful of lemon juice, the grated rind of half a lemon and two tablespoonfuls of water.

Meringue

Beat the whites of three eggs until stiff, and add gradually, while beating constantly, four tablespoonfuls of powdered sugar using an egg beater; then fold in three and one-half tablespoonfuls of powdered sugar and add half a teaspoonful of lemon extract. This filling and meringue may be used for lemon pie.

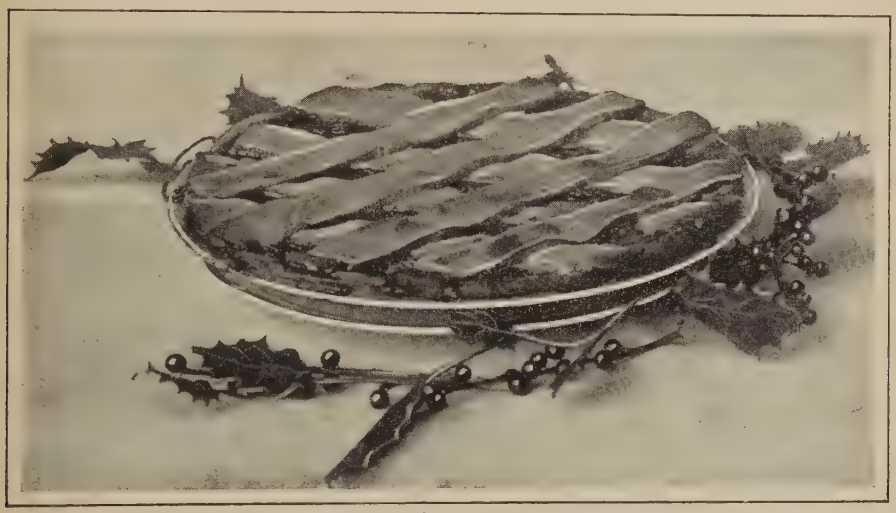
Mince Meat

Two pounds of chopped apples; two pounds of lean beef, boiled and minced; one pint of suet, freed from strings and chopped; one pint of sugar; one-half pint of molasses; one pint of raisins, stoned; one-half pint of currants, carefully cleaned; one-half pound of citron, shredded; one heaping tablepoonful each of cinnamon and mace; two teaspoonfuls each of ground cloves, allspice and grated nutmeg; two scant tablespoonfuls of salt; the juice and rind of two small lemons, and one generous pint of cider. Make a week or so in advance, that it may mellow before it is used. If the mince meat seems too dry when it is to be made into pies, moisten it with more cider.

Peach Crusts

Roll plain paste, one-fourth of an inch thick, and cut in circular shapes of correct size to exactly cover inverted circular individual tins. Prick several times, using a fork; place on a tin sheet and bake in a moderate oven. Remove from the tins, arrange on a serving dish, place half a peach in each case, and garnish cavity with half of a blanched almond. Serve with peach syrup.

Canned peaches are used for this dish. Turn the peaches from the can into a graniteware sauce pan; add one-third of a cupful of sugar and a few grains of salt, and cook slowly until the peaches are very soft. Drain and dry the peaches on a towel before putting into the crusts, and reserve syrup to serve over crusts at the table. In strawberry season this fruit may be used in crusts and served with whipped cream.



A Christmas Mince Pie With Cross-Bar Upper Crust

Pumpkin Pie—I.

A most delicious pumpkin pie is made as follows: Having removed the pulp and seeds, cut in pieces and grate. Put through a bag to drain off the water. Place in a good-sized bowl when drained, and add two well beaten eggs, one cupful of fresh milk, two tablespoonfuls of molasses, one tablespoonful of dried bread crumbs, one teaspoonful of ginger, a pinch of salt, and sugar to taste. The pumpkin requires no cooking beforehand. Prepare your crust, and line the dishes two or three days before baking the pies; this assures a well-baked under crust that will not soak up moisture. Serve with fluffs of whipped cream upon each piece of pie.

Pumpkin Pie—II.

The pumpkin should be cooked until very dry, adding a little salt when nearly done. To each quart of pumpkin (which is sufficient for two pies) add the well beaten yolks of four eggs, one cupful of white sugar, one-half cupful of cream, and a lump of butter. Bake on flaky pastry. When baked, spread on them the beaten whites of the eggs, to which has been added two tablespoonfuls of white sugar.

Peach Short Cake

Make a crust of rich baking powder dough, bake and split it. Have ready some peach syrup made of the parings of the peaches, and baste this freely over the soft sides of the split crust; then cover them thickly with ripe peach quarters that have been sprinkled with sugar for a couple of hours, and place one on top of the other. The success of peach shortcake depends entirely upon having plenty of juice and using only ripe, well-flavored peaches. To make the syrup, cover the parings with water and boil for fifteen or twenty minutes; then strain and measure, add half as much sugar as the measure of juice, and boil ten minutes.

Quince Tart

Peel, core and cut into quarters five perfectly ripe quinces, and simmer until tender in just enough water to cover them. Then rub them through a sieve, and add to the pulp one cupful of granulated sugar. Add one pint of milk to the beaten yolks of four eggs, and stir thoroughly into the quince pulp. Line a deep pie dish with puff paste, pour in the quince mixture, and bake in a moderate oven for forty minutes. Cover with a meringue made with the beaten whites of the eggs and four tablespoonfuls of powdered sugar. Serve cold with or without whipped cream.

These Are Called Peach Crusts, but All Kinds of Preserved and Fresh Fruits May Be Used in the Pastry Cases

Rhubarb Pie

Moisten one tablespoonful of corn starch in a little cold water, and cook it until clear in half a cupful of boiling water; pour it on one cupful of sugar and a lump of butter the size of a small egg; after it cools, add the juice and grated rind of one lemon, the well beaten yolks of three eggs and one cupful of thick stewed rhubarb made quite sweet. Bake in one crust. When done, spread with a meringue made with the whites of the eggs and one small cupful of granulated sugar.

Strawberry Short Cake

To some tastes strawberry short cake represents one of the summits of earthly bliss. It is acceptable served at breakfast, luncheon or dinner, and can hardly appear too often in strawberry season to suit the average family. Mix two cupfuls of pastry flour, four teaspoonfuls of baking powder, one-half teaspoonful of salt and two teaspoonfuls of sugar. Sift twice and work in one-fourth of a cupful of butter, using the tips of the fingers, then add, gradually, three-fourths of a cupful of milk; toss on a floured board and divide into two parts. Pat, roll out and bake twelve minutes in a hot oven in buttered Washington pie or round layer cake tins. Wash the strawberries, hull, cut in quarters, put into an earthen dish and sprinkle with sugar to taste, about one cupful being required to each box of berries, and one box of berries being required for each short cake. Place on the back of the range until warmed, then crush slightly. Split the short cakes and spread cut surfaces with butter. Put the berries between and on top of the cakes, spreading them each time on a cut surface. Cover with whipped cream sweetened and flavored with vanilla and garnish with whole selected berries.

Some people make a short cake of a light-cake mixture.

Squash Pie

Cream one-fourth of a cupful of butter. Beat into it three-fourths of a cupful of sugar, one-fourth of a teaspoonful of salt, and half a teaspoonful of ground mace. Add the yolks of three, or one whole egg and the yolk of another beaten light, one and one-fourth cupfuls of cooked and sifted squash, and a generous cupful of rich, creamy milk. This makes a filling for one pie. Bake in a plate lined with puff or a good plain paste.

DESSERTS

OR Apples au Beurre remove the cores of six good-sized apples. Cut thin six slices of bread as large around as the apples. Place the bread in the bottom of a buttered dish, and set the apples on top. Fill the holes in the apples with sugar, and place a piece of butter the size of a filbert on top. Cook in a rather slow oven, renewing the sugar and butter as they melt, and occasionally basting the apples with the syrup in the pan. Serve hot.

Coddled Apples

Apples "coddled" are really preserved apples, though they may be served warm if preferred, and might "pass" for rich baked apples. Make a syrup of two parts water and one part sugar; pare and core the apples, drop them into the syrup, and cook until they can be pierced with a broom straw; now remove to a baking dish, sprinkle with sugar, dust with nutmeg, and brown a little in the oven. Cook down the syrup, and pour around the apples. Serve with or without rich cream.

Apricot Whip

One-half pound of dried apricots stewed and chopped very fine. Beat stiff the whites of two eggs, add sugar to taste, fold in the apricots, and bake. Serve with whipped cream, or a custard sauce made of the yolks of the eggs.

Arrowroot Blanc Mange

Mix four teaspoonfuls of arrowroot to a smooth paste with cold water. Stir two teaspoonfuls of sugar into one large cupful of boiling milk; add a pinch of

salt, flavor with vanilla, and set over the fire. Gradually add the arrowroot, stirring continually, and cook for five minutes. Turn into small molds. Eat cold with cream and sugar. Maraschino cherries shown in the illustration add greatly to the attractiveness of this dish.

Arrowroot Blanc Mange

Bavarian Cream

For this delicious dessert take the yolks of two eggs, one cupful of sugar, one and one-half cupfuls of milk, and boil to the thickness of custard. When slightly cooled, add half a box of gelatine that has soaked for several hours, and flavor with vanilla; stir in thoroughly the beaten whites of the eggs and one quart of whipped cream; add mixed nuts chopped finely; pour in pan to mold, and place where it is cool.

Brazilian Meringues

Beat the whites of three eggs with a pinch of salt, then add gradually two cupfuls of powdered sugar, flavor with one tablespoonful of lemon juice, and stir in one cupful of chopped Brazil nuts. Drop the mixture from a teaspoon on well greased baking pans, and bake in a very slow oven about one hour.

Caramel Custard Renversee with Whipped Cream

Cook directly over the fire, stirring constantly, one-half cupful of sugar to caramel. Turn this into a border mold, take up the mold with a towel, and turn it around and around until every part of the inner surface is covered with the caramel. Beat three whole eggs and the yolks of two more; add one-third of a cupful of sugar and one-half teaspoonful of salt, and beat again, then mix in one pint of milk. Turn the mixture into a border mold holding about one and one-half pints. Set the mold on a dozen or more folds of paper in a baking dish, and surround with water at the boiling point. Let cook in the oven until the mixture feels firm, being careful to keep the water below the boiling point. When the custard is cold, loosen from the upper edge of the mold, if needed, and turn onto a serving dish. Beat one cupful of thick cream, one-fourth of a cupful (scant) of sugar and one-half teaspoonful of vanilla extract until firm. Pipe this (with pastry bag and star tube) into the open space in the custard. Sprinkle with chopped and browned almonds at discretion.

Charlotte Russe

Beat the whites of three eggs very stiff, and put it with one pint of cream which has been whipped with one-half cupful of powdered sugar. Flavor as desired. If individual forms are preferred, heap the frothed mixture on a plate, lay about it yellow lady fingers, and decorate it with Maraschino cherries.

Chocolate Meringue

Melt one-fourth of a pound of chocolate, then add five tablespoonfuls of granulated sugar and one-half cupful of boiling water; stir to a very smooth paste, and let cook one minute, stirring constantly; add a few grains of salt. Scald a two-inch stick of cinnamon in four cupfuls of milk, remove the cinnamon, and add sufficient milk to the first mixture until it will pour; add to the remaining milk, and mix thoroughly by beating with an egg beater; add one teaspoonful of vanilla extract. Prepare a meringue by beating the whites of three eggs stiff, add gradually one-third of a cupful of powdered sugar, beating constantly, and

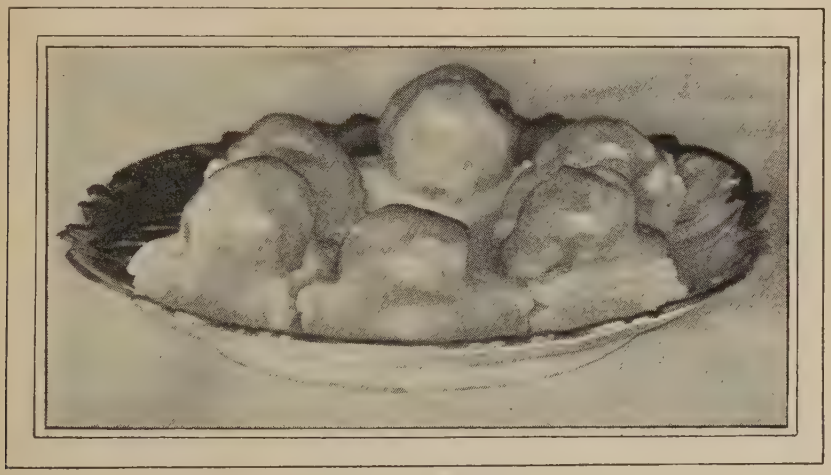
lastly cut and fold into the whites of the eggs two cupfuls of heavy whipped cream; add half the meringue to the chocolate, mixing carefully. Serve the chocolate in tall cups, and drop a large spoonful of the meringue on top of each before serving.

Coconut Pudding

One large coconut or two small ones grated; one quart of rich milk, two cupfuls of sugar, six eggs and one tablespoonful of butter. Beat the yolks with the sugar, and beat the whites very light, separately. Mix them well, pour in the tablespoonful of melted butter, then the milk, and last of all stir in the coconut. Season with vanilla. Pour into a buttered dish, and bake thirty minutes. Serve orange marmalade with it.

Corn Starch Pudding with Cream

Make a biscuit dough into which has been grated one raw potato. Roll the paste and spread with raspberry or blackberry jam. Sprinkle slightly with sugar. Roll



Compote of Peaches

Coffee Mange and Whipped Cream

Dissolve half a box of gelatine in one cupful of cold water. When dissolved pour slowly on it one cupful of rich milk quite hot. Stir over the fire until quite smooth, then add one cupful of clear strong coffee and one cupful of sugar. When cold add one cupful of rich cream, and pour in a mold. Serve with stiff whipped cream flavored with vanilla.

Compote of Peaches

Scald two cupfuls of milk, and add gradually, while stirring constantly, one-half cupful of farina. When mixture thickens, add one-fourth of a cupful of sugar and one-half teaspoonful of salt, and cook in double boiler twenty minutes. Add two egg whites beaten until stiff, turn into a slightly buttered shallow pan, and keep in a warm place until serving time. Remove skins from six peaches, put fruit in sauce pan, add three tablespoonfuls of water and six tablespoonfuls of sugar, cover, and cook slowly until soft. Cut farina in squares, arrange on serving dish, put a peach on each square, and pour peach sauce over all.

and lay in buttered plate. Place in a steamer and steam two and a half hours. Serve with sugar and cream.

Cranberry Foam

Whip the whites of four eggs to a stiff snow, with a pinch of salt and a cupful of powdered sugar. Then add a teaspoonful at a time, two-thirds of a cupful of cranberry jelly, continuing to beat until the jelly is thoroughly incorporated and the mass is very light. Serve in sherbet glasses or custard cups with a teaspoonful of whipped cream on top of each.

Czarina Cream

Soak one-fourth of a box of gelatine in one-fourth of a cupful of cold water for fifteen minutes, then dissolve by placing the cup in hot water. To one pint of cream add one-third of a cupful of sugar, one teaspoonful of vanilla, one-half teaspoonful of rose water and the gelatine. Add enough green coloring to tinge delicately. When the cream begins to stiffen add one-fourth of a cupful of finely chopped blanched almonds. Place in a mold or in paper cases, and stand an hour on ice.

Floating Island

For three pints of milk use six eggs, six tablespoonfuls of sugar, and three sticks of cinnamon bark. Put the milk on to heat with the cinnamon bark in it (this is to be removed before serving). Beat the eggs well, reserving the whites of three, add the sugar, and when the milk is scalding hot, stir them in and let cook for about five minutes. Have ready the beaten whites, to which has been added one tablespoonful of sugar. Just before removing the custard place these on top to be slightly cooked, or set. Keep in a cool place until needed. Serve in tumblers, with the whites on top.

Fruit Souffle

Melt three tablespoonfuls of butter; when bubbling add one-fourth of a cupful of flour, and when well mixed pour on gradually one cupful of scalded milk, and stir constantly until boiling point is reached, then remove from the fire. Pour onto yolks of four eggs beaten until thick and lemon colored and mixed with one-fourth of a cupful of sugar. Cool, and cut and fold in whites of four eggs beaten until stiff and dry. In bottom of a buttered baking dish put a thick layer of fruit sliced or cut in pieces and sprinkle with sugar. Pour over the fruit the cooked mixture, and bake in a slow oven forty to fifty minutes. Remove from oven, and serve at once. If allowed to stand, soufflé is sure to fall. When fresh fruit is not obtainable, canned fruit may be used.

Indian Pudding

Heat one quart of milk with one teaspoonful of salt in a double boiler, stir in one cupful of corn meal, and cook half an hour. When cool, stir in one cupful of molasses, two-thirds of a cupful of chopped suet, one teaspoonful of ginger, two beaten eggs and one quart of cold milk. Pour into a greased baking dish, and bake four hours in a moderate oven. Serve with cream, maple syrup, caramel or hard sauce.

Poor Man's Pudding

Two quarts of rich milk, one teacupful of rice, well washed, one teacupful of sugar, a piece of butter the size of an egg, and a pinch of salt; flavor with nutmeg or cinnamon, and bake slowly one and one-half hours; stir occasionally during the first hour, to prevent the rice settling to the bottom of the dish; after the first forty minutes a large teacupful of seeded raisins, chopped dates or figs may be added. This is a delicious and economical pudding.

Prune Pudding

Pick over and wash half a pound of prunes. Put in a stew pan, add two cupfuls of cold water, cover and let stand one hour. Bring to boiling point and let simmer until prunes are soft. Remove stones, obtain meat from stones, and add to prunes; then add one cupful of sugar, a one-inch piece of stick cinnamon and one and one-fourth cupfuls of boiling water. Again bring to boiling point and let simmer five minutes. Dilute one-third of a cupful of corn starch with enough cold water to pour easily. Add to prune mixture, and let simmer five minutes, stirring constantly for the first minute. Remove the piece of stick cinnamon, turn mixture into a mold and chill.

Plum Pudding

Crumble a small loaf of milk bread, and pour over it one pint of milk. Soak until soft, then add three well beaten eggs, one cupful of dark brown sugar, one cupful of chopped and creamed suet with all the stringy substance removed, one pound of seeded and chopped raisins, one pound of currants, one-fourth of a pound of finely chopped citron, one-fourth of a teaspoonful each of cloves, allspice and grated nutmeg, and one-half teaspoonful each of cinnamon and ginger and one-fourth of a teaspoonful of salt. Boil

four hours in a well buttered mold. The recipe may be made in double the quantity, as it will keep for a long time. When ready to use, steam well until heated through. Decorate with holly sprigs. Serve with hard sauce, made by creaming one-third of a cupful of butter with one cupful of light brown sugar, and adding drop by drop, creaming it in, one teaspoonful of vanilla. Pile on a dish in a pyramid, and dot with candied cherries and blanched almonds.

Georgia Plum Pudding

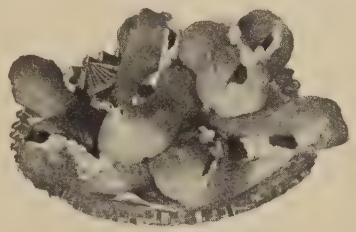
Five large apples finely chopped, one cupful of raisins, one-half cupful of butter, one cupful of sugar, one cupful of sweet milk, five eggs, one cupful of flour, with one teaspoonful of baking powder. Beat well, and bake one hour. Serve with hard sauce.

New England Plum Pudding

Mix thoroughly one pound each of raisins stoned and floured, of currants washed, dried and floured, of stale bread crumbs and of sugar, one-fourth of a pound of sliced citron, three-fourths of a pound of beef suet chopped fine, one grated nutmeg, one tablespoonful each of cinnamon and mace, one teaspoonful of salt, the juice of one orange and one lemon, one teacupful of milk, and last eight well beaten eggs. Dip a strong cloth in boiling water, and flour well. Pour the mixture in the cloth, and boil steadily for six hours. The vanilla sauce is made of one cupful of sugar, one-half cupful of butter, one pint of water, one tablespoonful of flour, the juice of one lemon and one tablespoonful of vanilla. Cream the butter and flour, pour over the boiling water and let boil; add the sugar, and lastly the lemon juice and flavoring.

Raspberry French Eclairs

Put one-half cupful of butter and one cupful of boiling water into a graniteware sauce pan, and place on the front of range. As soon as the boiling point is reached add one cupful of flour all at a time, and stir vigorously until the mixture is smooth. Remove from fire and add four unbeaten eggs one at a time, beating until the mixture is thoroughly mixed, between the addition of eggs. Shape four inches long and one and one-half inches wide on a buttered sheet, having the éclairs one and one-half inches apart. Bake thirty-five minutes in a moderate oven. If éclairs are removed from the oven before being thoroughly cooked, they will fall. This recipe will make fourteen or fifteen éclairs. Cool, and with a sharp knife make a cut lengthwise of each large enough to admit of filling. Fill with raspberry filling.



Raspberry French Eclairs

Raspberry Filling

Dilute three-fourths of a cupful of heavy cream with one-fourth of a cupful of milk, and beat until stiff, using a Dover egg beater; add one-third of a cupful of powdered sugar, one-half of a cupful of raspberries, thoroughly mashed, and one-half teaspoonful of vanilla. Raspberry éclairs are a bit more attractive, and more plainly show their identity if garnished with a few whole berries, as shown in the illustration.

Rice and Apple Souffle

Boil two tablespoonfuls of rice in a pint of milk until soft, sweeten, and add the beaten yolks of two eggs; pare and core some apples, and stew them in a little sugar syrup until tender, but not broken; make a wall of the rice around the edge of an earthenware dish, put the apples in the center, fill their cavities with some red-currant jelly, and fill in the spaces between with the rice; cover with the whites of the eggs beaten to a firm snow with four tablespoonfuls of powdered sugar; brown delicately in the oven, and serve with cream, plain or whipped.

Snowballs with Crushed Strawberries and Whipped Cream

Cream one-half cupful of butter and add gradually while beating constantly

one cupful of sugar, one-half cupful of milk and two and one-fourth cupfuls of flour mixed and sifted with three and one-half teaspoonfuls of baking powder, and one-fourth of a teaspoonful of salt; then add the whites of four eggs beaten until stiff. Steam thirty-five minutes in buttered cups (the glazed ones that are used for pop-overs if they be at hand), remove from the cups, roll in powdered sugar, arrange on a serving dish and garnish with whole strawberries. Serve with crushed strawberries and whipped cream, sweetened and flavored with vanilla.

Strawberries to be served crushed with any dessert are prepared in the same manner as for strawberry short cake, cut in quarters, sprinkled with sugar, heated, then crushed.

Boiled Suet Pudding with Orange Sauce

One pound of suet chopped fine, one pound of stoned raisins, one pound of currants, one pound of brown sugar, one coffee cupful each of minced citron, lemon and orange peel, eight eggs, half of the whites, half a nutmeg grated, one teaspoonful of ginger. Beat the eggs first, then one-half pint of fresh milk, then beat both together, and by degrees stir in the flour. Roll the fruit, citron and the lemon and orange peel in flour, and add them, together with the suet and sugar, to the eggs and milk. Mix all thoroughly, adding more flour and milk if necessary. Boil five hours, or steam in a bag.

Cream Tapioca

Drop one teaspoonful at a time of quick tapioca into half a pint of boiling water until it is slightly thickened. Stir to keep from sticking, and add two teaspoonfuls of white sugar. When clear, remove from fire and let it cool a little. Add one or two drops of vanilla and four tablespoonfuls of rich cream, beating to make a smooth mass. Serve while slightly warm. Should be like thin soup when properly made.

Fruit Tapioca

Prepare as above and have ready some well cooked smooth apple sauce or stewed peaches or currant jelly to pour the tapioca over. Serve while warm.

Newton Tapioca

Soak five tablespoonfuls of pearl tapioca two hours in cold water to cover. Scald four cupfuls of milk in a double boiler, and pour it over four tablespoonfuls of Indian meal mixed with three-fourths of a cupful of molasses; then add three tablespoonfuls of butter and one and one-half teaspoonfuls of salt. Cook in double boiler fifteen minutes, stirring constantly, until mixture thickens. Add tapioca, drained from water, turn into a buttered pudding dish, and pour over one cupful of milk, but do not stir. Bake one hour and fifteen minutes in a slow oven, and serve with cream.

Caramel Bisque Ice Cream

Three eggs, one-third of a cupful of sugar, two cupfuls of milk, a few grains of salt, two-thirds of a cupful of sugar, two-thirds of a cupful of chopped walnut meats, one and one-half teaspoonfuls of vanilla, one cupful of heavy cream.

Beat the eggs slightly, and add one-third of a cupful of sugar, the milk and salt; then cook over hot water until the mixture thickens, then strain. Put the remaining two-thirds of a cupful of sugar in an omelet pan, and stir constantly over the hot part of the range until melted to a syrup that is light brown in color; then add the walnut meats, and turn into a slightly buttered pan. Cool, pound in a mortar, and pass through a purée strainer. Add this to the custard, then add vanilla and cream beaten until stiff. Freeze, using three parts of finely crushed ice to one part of rock salt, to insure a smooth, fine-grained cream.

Cream Tortoni

One cupful of apricot pulp, made by thoroughly mashing the fresh or canned fruit, one cupful of powdered sugar, one tablespoonful of lemon juice, one-half cupful of chopped blanched almonds. Add to this mixture one-half boxful of granulated gelatine which has been soaked in one-half cupful of cold water and dissolved by placing the cup in hot water; when it begins to stiffen beat it a few moments, then fold in lightly one pint of double cream which has been whipped dry and firm. Serve in paper cases, dusting with powdered macaroons. The cases may be placed on a rack in a freezer, and packed in ice and salt for a few hours.

INDEX

INDEX

PAGE

Acknowledging Invitations 79, 83, 86
Afghan of Edredon 255
Alabaster, to Clean 101
Almond Tarts 332
Ammonia, to Clean Brushes 101
Amsterdam Clam Soup 288
Angel Cake 326
Anniversaries, Wedding 85
Announcements, Engagement and Marriage. 81, 85
Apple Cups, to Serve with Meats 307
Apples, Coddled 335
Apple Sauce, Piquant, for Meats 307
Soufflé, Rice and 339
Spiced, for Meats 298
Apricot Whip 335
Arms, Care of 69
Arrowroot Blanc Mange 335
Art as an Occupation 133, 134
Asparagus 315
Mold 315
On Toast 316
Piquant 316
Salad 321
Soup, Cream of 289

Baby's Bootees 256
Rattle 251
Pillow for Carriage 244
Bacon and Eggs 298
Bags
Battenberg Lace 248
Handkerchief 248
Belt 248
Kopje Knot 236
Laundry 249
Twine 249
Work 247
Baked Beans, Boston 316
Chicken 302
Fish 309
Ham 297
Baking, Money Making by Bread, Cake..... 138
Banana Short Cake 332
Bassinet 27
Bath Room and Closet Conveniences.....17—19
Bathing 65
Baths 262
Cooling 65
Cosmetic 65
Steam 262
Tonic 65
Batter Bread, Virginia 285
Cakes 285
Buckwheat 286
Battenberg Lace Bag 248
Bavarian Cream 336
Veal Chops 299
Beans, Boston Baked 316
String, Stew 316
Bearnaise Sauce, for Meats and Vegetables. 314
Beauty, What Constitutes 45
Bechamel Sauce au Maigre 312
Bedbugs, to Rid House of 106
Bed Room Set in Shadow Embroidery.... 240
Bed Spread 241

PAGE

Beef
Broiled Porterhouse Steak 294
Brown Gravy for 292
Cecils with Tomato Sauce 295
Larding 293
Larded Fillet with Mushroom Sauce.... 292
Planked Sirloin Steak 294
Pot Roast 293
Roast 292
Binding Soup 287
Birchbark Novelties 31
Biscuits, Beaten, Emergency 282
Bites, Poisonous 262
Blackheads 61, 262
Black Fruit Cake 328
Black Walnut Mocha Cake 329
Blanc Mange, Arrowroot 335
Bleaching 107
Bleeding (See "Hemorrhage" 270)..... 262
Blood Stains, to Remove 97
Blotter, Birchbark 31
Boils, Poultice for 262
Boiled Cauliflower 317
Ham 297
Lobster 312
Onions 319
Bolero Jacket 230
Book Rack 24
Bootees, Baby's 256
Bouillon 288
Clam 288
Court 309
Supreme 288
Boxes, Flower 27
For Coal 23
For Wood and Coal 23
Shirt-Waist 26
Shoe 19, 27
Boy, the Growing 204--208
Brains, Calves' 299
Brandy Snaps 326
Brass, to Clean 100, 101
Brazilian Meringues 336
Salad 321
Bread
Boston Brown 281
Correct Way to Eat..... 88
Corn 282
Dressing for Turkey 305
Gluten 281
Graham 281
Milk and Water 280
Money Making by Baking 138
Oak Hill 281
Salt Rising 282
Shaping Loaves 280
Sticks 281
Virginia Batter 285
Muffins—Beaumont, English, Raised Hominy 285
Pop-Overs 285
Rolls, Jefferson 285
Rusks 285
Toast, Milk 286
Waffles 286
Whole Wheat 281
Breakfast, Wedding 84

PAGE

Breathing, Positions for ....46—48
Breath, Bad 262
Brier Stitch 227
Broiled Fish, Haddock 310
Steak 294
Chicken 302
Mackerel 311
Mushrooms 318
Bruises 263
Brushes, to Clean 101
Brush Holder 32, 33
Brussels Sprouts with Celery 316
Buckwheat Cakes 286
Bureau Scarf 241
Burns 263
Butter, use at Dinner 89
Buttonholes, to Make 221, 222

CABBAGE, Stuffed Young 316
CAKES
Angel 326
Cake Baking, Money Making by 138
For Hallowe'en 167
Magic 167
Batter 285
Buckwheat 286
Magic 167
Black Walnut Mocha 329
Black Fruit 328
Brandy Snaps 326
Caramel 326
Frosting for Filling 327
Christmas Fruit 328
Christmas 327
Citron 327
Cream Puffs 328
Filling for 328
Crullers 328
Cream Sponge 331
Doughnuts 328
Gingerbread 329
How to Eat 88
Lady Baltimore 329
Lady Fingers 329
Layer Cake 329
Lemon Wafers 331
Macaroons 329
Marble 329
Molasses 330
Nut 330
Pecan Caramel 330
Pound 330
Shrewsbury Rings 330
Sunshine 331
Sycamore 330
Vanilla Cookies 327
Walnut 330
Nut Filling for 330
White Mountain 331
Calendar, Birchbark 31
Calves' Brains 299
Liver, Braized 299
Calls, Social and Business....77, 78, 91
Canaries, Raising, Money Making by....140
Cancer 263
Candlesticks, to Clean 101
Candle Tricks (Hallowe'en)....166—168
Canned-Fruit Safe 20
Candy Making, Money Making by....137
Caramel Bisque Ice Cream 326
Cake 326
Custard 336
Pecan 330
Cards, Visiting 78, 79, 82
Carpet, to Clean 101
Carrots, Creamed 317
a la Lyman 317

PAGE

CASES
For Court Plaster 32
Medicine 35
Spool 251
Whisk Broom 31, 36
Castor Oil, to Administer 263
Catch-All, Sewing 251
Cauliflower, Baked with Cheese 317
Boiled 317
Sauces for 317
Caviar Canapes 322
Caviar on Toast 309
Cecils with Tomato Sauce 295
Ceilings, to Clean 101
Celery, Creamed with Poached Eggs....317
Soup 289
Centerpiece, Rose 235
Chafing Dish Set in Embroidery 237
Chairs, Home-Made 25
To Clean 102
To Restore 113
Chaperon (See "Débutante," 80)....128
Chapped Hands 70, 263
Charades 157
Charlotte Russe 336
Cherry Pie 332
Chestnut Soup 289
Stuffing 305, 307
CHICKEN
Baked 302
Broiled 302
Creamed 303
Croquettes 303
Fricassee 302
Fried 302
Gravy, Giblets 302
Jellied 304
Mousse 303
Pot Pie 304
Roast 301
Salad 322
Soup 289
To Truss 300
Chilblains 70, 264
Children, Party for 184, 185
Chimneys, to Clean 101
China, to Remove Stains from....100
Chocolate Meringue 336
and Cocoa Stains, to Remove 97
Chops, Bavarian Veal 299
French 296
Christening 90
Christmas Cakes 327, 328
Entertainment and Dinner ....173—177
Games 176
Menus 175, 176
Tree Table 174
Tree 173
Citron Cake 327
Clam Bouillon 288
Soup, Amsterdam 288
Cleaning All Sorts of Articles ....101—105
Closet Conveniences 17, 19
Clothes Press 20
Pin Croquet 180
Cloth, to Remove Stains from 100
Coal Hod, Coal-and-Wood Holder 23
Coat Hanger 33
Cocktail, Oyster 312
Cocoa Stains, to Remove 97
Coconut Pudding 337
Coddled Apples 335
Coffee Mange 337
Stains, to Remove 97
Colds 264
Cold Sores 265
Slaw, Colonial 322
Collar, Irish Needle-Point 230

PAGE

Collar, Irish Relief Crochet 231
Colors in Wash Goods, "Setting" 108
Companion as an Occupation 127, 128
COMPLEXION, Care of the
Bathing 65
Blackheads 61, 262
Classification of Skins 63
Cosmetic Baths 65
Double Chin 61
Dryness 64
Ears 62
Enlarged Pores 61
Eyes, Eye Brows 62
Ironing the Face 61
Massage 60, 62
Pimples 272
Powder, Use of 64
Scalp 62
Soap, Use of 63
Tan, to Remove 275
Tonic Baths 65
Water, Use of 63
Compote of Peaches 337
Congratulations, Birth 79
Wedding 84
Consommé 288
Conundrums 177, 180
Constipation 265
Consumption 265
Convulsions 265
Cookies, Vanilla 327
Corn a la Southern 317
Bread 282
Corns 70, 265
Corn Starch Pudding 337
Court Bouillon 309
Covers, Dressing-Table 227
Magazine 28
Pin Cushion 227
Crabs, Deviled 312
Cranberry Foam 337
Frappé with Turkey 305
Jelly for Meats 305
Tarts, Colonial 332
Cream of Asparagus 289
Bavarian 336
Caramel Bisque Ice 340
Czarina 338
Dressing for Salad 321
Puffs and Filling for 328
Sauce for Fish 310
Sauce for Vegetables 317
Tapioca 340
Tortoni 340
Creamed Carrots 317
Celery 317
Chicken 303
Potatoes 319
Club-House Style 319
Crochet, Irish Relief 231
Crocheted Afghan of Edredon 255
Bootees 256
Hood, Infant's 256
Ruche 258
Slippers 258
Crocheting, Knitting and 252
Croquettes, Chicken 303
Cross-Stitch Embroidery 222
Drawing Design for 223
Croup, Treatment for 265
Cruets, Vinegar, to Clean 105
Crullers 328
Cucumber Salad, Stuffed 322
Stuffed 318
Cuffs, Yoke, Stock and 226
Curtains, Stencil Design for 41
To Clean 101
Custard, Caramel 336

PAGE

Cushion, Huckaback 245
Rose 246
Cuts 266
Cut Work, Description of 224
Italian 226

DANCING for Grace 55
Hallowe'en 169
Twelfth Night 154
Dandruff 68, 266
Daughter, The 208--211
Day at Home 77
Débutante 80
Decorations for Christmas 173
Church for Wedding 84
Oriental Tea for May 160
St. Patrick's Day 156
Thanksgiving 171
Desk Conveniences .....30—32
DESSERTS
Apples, Coddled 335
Apricot Whip 335
Arrowroot Blanc Mange 335
Charlotte Russe 336
Coffee Mange 337
Compote of Peaches 337
Cream, Bavarian 336
Caramel Bisque, Ice 340
Czarina 338
Tapioca 340
Tortoni 340
Custard, Caramel 336
Floating Island 338
Meringue 333
Brazilian 336
Chocolate 336
Mince Meat 333
Pudding, Boiled Suet 340
Coconut 337
Corn Starch 337
Georgia Plum 339
Indian 338
New England Plum 339
Plum 338
Poor Man's 338
Prune 338
Raspberry French Eclairs 339
Filling for 339
Snowballs 339
Soufflé, Fruit 338
Rice and Apple 339
Tapioca, Fruit 340
Newton 340
Deviled Crabs 312
Diarrhea 266
Dictionary, Use of 215
Diet for Reducing or Increasing Flesh..... 59
DINNERS
Acknowledging Invitation 86
Ceremonious 86
Christmas 175, 176
Dress for 86
Dressing Rooms 87
Entering Rooms 87
Invitations 85, 86
Informal 86
Menu 87, 171, 172, 175, 176
Name Cards 87
Response 86
Service 87
Special Guest 86
Table 87
Thanksgiving 171, 172
Diphtheria 266
Diseases, Skin (See "Eczema" 267) 273
Disorders, Stomach (See "Nausea" 272, "Dyspepsia" 266) 274
Domestic Science as an Occupation 124

PAGE

Double Chin 61
Doughnuts 328
Dress for Weddings 83
Mourning 90
Dressmaking as an Occupation 130
Dressing-Table Cover 227
DRESSINGS
Bread 305
Cream 321
French 325
For Wounds 266
Mayonnaise 326
Somerset 326
Drinking, Manner of 88
Drowning 267
Duck, Fried, Roast 306
Dumplings 295
Dutch Sauce 310
Dyspepsia 266

EARACHE 267
Ear, to Remove Foreign Bodies from 267
EARNING A LIVING
Occupations for Women 121--136
Personal Experiences, See "Money Making" 136--148
Preparations for 120, 121
Easter Entertainment 158--160
Eclairs, Raspberry French 339
Eczema 267
Education of Child 193--197
EGGS
a la Bearnaise 313
en Fromage 314
How to Eat 89
Omelets 314
Pickled 314
Planked 314
Poached a la Reine 315
Stuffed 315
Tea 315
On Toast 315
Salad 322
Eggplant, Fried, Stuffed 318
EMBROIDERY
Bed Spread 241
Bureau Scarf 241
Centerpiece, Rose 235
Chafing-Dish Set 237
Cross-Stitch 222
Drawing Design for 223
Japanese 234, 235
Mosaic 237
Mount Mellick 237--239
Pillow Shams 241
Pillow Tops 235, 243--246
Pin Cushion Cover 227, 241
Renaissance 224
Rose Cushion 246
Shadow 239--241
Wallachian 240
Enameled Furniture, to Clean 102, 113
Engagements, Marriage ..... 80—82
English Muffins 285
Enlarged Pores 61
Entertaining, Money Making by 146
ENTERTAINMENTS 151--187
Christmas 173--177
Easter 158--160
For Children 184--188
For Various Seasons 177--181
Fourth of July 162--164
Hallowe'en 165--170
How to Get up a Play 181--184
New Year's Eve 151, 152
Oriental Tea for May 160--162
Saint Patrick's Day 156
Saint Valentine's Day 154--156

PAGE

Thanksgiving 170--172
Twelfth Night 152--154
Visiting 89
Envelope, How to Address 92
Epilepsy 267
Exchange, Woman's Employment 136
Exercises for Grace ..... 52—55
To Keep the Size Normal ..... 56—69
Exhaustion, Mental 271
Eyes 62, 267, 268

FADS and Their Uses 216
Fainting, Treatment for 268
Fainting, Treatment for 268
Family Remedies (See "Remedies" 259-276)
Fancy-Work Novelties 250--252
Feather Stitching 226--228
Feet, Care of the 70
Chilblains 70, 264
Cold 268
Corns 70, 265
Ingrowing Toe Nail 270
Fevers 268
FILLINGS
Caramel, Frosting for 327
For Cream Puffs 328
For Porch Pillows 28
Raspberry, for Eclairs 339
Walnut, for Cake 330
Finger Marks, to Remove 97
Finger Nails, Care of the 70
FISH (See Oysters and Lobster)
Baked 309
Broiled 310, 311
Cavair on Toast 309
Crabs, Deviled 312
Finnan-Haddock, Caledonian 310
Haddock 310
Halibut, Fillets of 310
Mackerel 311
Pan Fish 311
Salad 325
Salmon, Scalloped 311
Shad Roe and Lettuce 311
Flannels, to Wash 108
Flatirons, to Clean 108
Fleas, to Rid House of 106
Flies, to Rid House of 106
Floating Island 338
Floors, Care of 111
Flower Boxes 27
Garden, Money Making by 141
Fomentations 268
Food, Manner of Eating 88
For Invalids 268
Footstool, Home-Made 26
Fortune Telling from Tea Grounds 167
Four Leaf Clover Party 185
Fourth of July Entertainment 162--164
Frame, Picture 30
Frappé, Cranberry 305
Freckles, to Remove 269
French Chops 296
Fricassee, Chicken 302
Fried Chicken 302
Ham 297
Potatoes, French 320
Scrapple 298
Frown, to Remove 61
FRUIT
Cake, Black 328
Christmas, Cake 328
For Invalids 269
How to Eat 88
Pies (See "Pies")
Soufflé 338
Tapioca 340
Tarts (See "Tarts")

PAGE

Fruit Stains, to Remove 97
Fuel Holders 23
Funerals 90, 91
FURNITURE
Diagrams of 29
Home-Made .....21—27
To Clean—Bamboo, Enameled, Upholstered, Willow 102
Furs, to Clean 102

GAMES
For New Year's Eve 151--152
For Twelfth Night 152--154
For Saint Valentine's Day 154--156
For Saint Patrick's Day 156--158
For Easter 158--160
For Fourth of July 162--164
For Hallowe'en 165--170
For Christmas 176, 177
For Various Seasons 177--181
For Children 184--188
Game of "Goober Gobbles" 187
Of Geography 180
Of Hearts 156
Of Prohibited Words 179
Georgia Plum Pudding 339
Giblets, Gravy 302
To Clean 300
Gifts, Wedding 83
Gilding, to Renew 100
Gilt, to Clean 103
Gingerbread 329
Girdle 230
Glass, to Clean 103
Gloves, to Clean 103
Goodfellowship 202
Good Health, Basis of 206
Good Manners 203
Goose, Roast 306
Gooseberry Tarts 332
Governess as an Occupation 123
Graham Bread 281
Grape Juice for Invalids 269
Grass Stains, to Remove 98
Grease Spots, to Remove 98
Gravy, Brown 292, 296, 305
Giblets 302
Grouse, Roast 307
Guessing Games 155
Gumbo Soup 289
Gymnasium Work, Home 48

HADDOCK, Broiled 310
Hair, Care of the .....66—68
Halibut, Fillets of 310
Hallowe'en Entertainment 165--170
Tricks 166--168
Ham, Baked, Boiled, Fried, Scalloped.. ... .297
Hands, Care of the 69, 70, 263
Handkerchief Bag 248
Play 187
Hats, to Clean 100, 103
Hat-Pin Holder 250
Hay Fever 269
Headache 269
Hemorrhage 270
Hearts, Game of 156
Hiccough 270
Hip-Joint Disease 270
Hives 270
Hoarseness (See "To Cure a Cold")..... 264
HOLDERS
Brush 33
Fuel 23
Hat-Pin 250
Necktie 30
Paper 19
Whisk-Broom 31, 36

PAGE

Hollandaise Sauce 326
Home-Made Furniture .....21—27
Hood, to Clean 105
Crocheted 256
Housekeeping 125
House Party 89
Huckaback, Cushion in 245
Hunt for Snakes..... 157
Hunting Party 178
Huntington Patties 299

ICES, How to Eat 89
Ice Cream, Bisque 340
Parlor, Money Making by 137
Indian Pudding 338
Indigestion 270
Infant's Bootees 256
Crocheted Hood 256
Knitted Jacket 254
Ingrowing Toe Nail 270
Ink Stains, to Remove 98, 99
Insects, Bites of 262
Insomnia 270
Introductions 75
Acknowledging 76
Card of 77
In a Public Place 76
Letters of 76, 77
Rising 76
Shaking Hands 76
Invitations, Acknowledging 79, 86
Wedding 82
Iodine Stains, to Remove 99
Iodoform 271
Irish Needle Point 228
Relief Crochet 231
Iron Rust, to Remove 99
Italian Cut Work 226
Lace Embroidery 232, 233
Ivory, to Clean 103
Ivy Poisoning 273

JACKET, Bolero 230
Infant's Knitted 254
Japanese Embroidery 234, 235
Jellied Chicken 304
Jelly, Cranberry to Serve with Poultry ... 305

KEROSENE, Use in Washing 107
Kidneys, Lamb, a la Brochette 296
Kidney Trouble 271
Kindergarten Work as an Occupation..... 123
Kitchen Conveniences 15, 16
Knives, to Clean 104
Use of 88
Knitting, Money Making by 144
Knitting and Crocheting 252, 256
Kodak Pictures, Finishing, Money Making by 145
Kopje Knot 236

LACE, Battenberg Bag 248
Embroidery, Italian 232, 233
Irish Needle-Point 228
Irish Relief Crochet 231
Teneriffe 242
Lady Baltimore Cake 329
Lady Fingers 329
LAMB
Brown Gravy with Currant Jelly..... 296
Chops, French 296
Kidneys a la Brochette 296
Roast 296
Stew with Dumplings 295
Lamp Burners, to Clean 104
Larding 293
Laundry Bag 249
Layer Cake 329
Leather Articles .....21—23, 34—36

PAGE

Leather Articles, Stains, to Remove 99, 100
To Clean 104
Lemon Filling 333
Pies 332
Tartlets 333
Wafers 331
Letter Writing .....71, 91—93
Ligature, How to Make 271
Lightning Stroke 271
Linoleum, to Clean 104
Literary Work as an Occupation.....134, 135
Liver, Braized Calf's 299
Lobster, Bechamel Sauce au Maigre for.... 312
Boiled 312
Buttered 312
Log Rack 23
Luncheon, the School 195

MACAROONS 320
Mackerel, Broiled 311
Magazine Covers 28
Subscriptions for Money Making with.. 145
Mahogany, to Remove Stains from 100
Making Things Over, Money Making by.... 143
Malaria 271
Manners, Good 75, 203
Manuscript, Preparation of 135
Marble Cake 329
To Remove Stains from 100, 104
Massage, Facial 60
Match Scratcher 33
Matting, to Clean 104
Mayonnaise Dressing 326
Measles 271
MEATS
Bacon and Eggs..... 298
Beef Roasts 292
Larded Fillet with Mushroom Sauce 292
Calves' Brains 299
Liver, Braized 299
Cecils with Tomato Sauce 295
French Chops 296
Fried Scrapple 298
Gravy, Brown 296
With Currant Jelly 296
Ham—Baked, Boiled, Fried, Scalloped.. 297
How to Eat 88
Huntington Patties 299
Larding 293
Lamb, Stew with Dumplings 295
Kidneys, Roast 296
Porterhouse Steak, Broiled 294
Pork 296
Pork and Apple Roast 298
Pot Roast 293
Pig 298
Roast Beef 292
Chicken 301
Duck 306
Goose 306
Grouse 307
Lamb 296
Pig, Pork 298
Turkey 304, 305
Sirloin Steak 294
Sausage Soufflé 298
Scalloped Ham 297
Sweetbreads a la Dauphine 299
Veal Chops, Bavarian 299
Loaf 299
Medicine Case 35
Chest 17
Medicines (See "Remedies" 259-276)
Mental Exhaustion 271
Menus for Christmas 175, 176
For Thanksgiving 171, 172
Meringue 333
Brazilian 335

PAGE

Meringue, Chocolate 336
Mexican Jelly Salad 325
Mice, to Rid House of 107
Mildew 99
Military Tea 163
Milk 271
Millinery as an Occupation 132
Mince Meat 333
Mint Sauce 296
Mirrors, to Clean (See "Glass" 103) 104
Mirror Trick (Hallowe'en) 168
Mocha Cake, Black Walnut 329
Molasses Cake 330
MONEY MAKING, Personal Experiences in
Cake Baking 138
Candy Manufacturing at Home 137
Christmas Plum Puddings 138
Converting Local Papers into Cash 146
Entertaining 146
Finishing Kodak Pictures 145
Flower Garden 141
Hemming Table Linen 143
Ice Cream Parlor 137
Knitting 144
Making Brown Bread 138
Novelties 143
Things Over 143
Opportunities in a College Town 147
Pop-Corn 139
Potato Chips 139
Poultry Raising 140
Raising Canaries 140
Early Vegetables 142
Squabs 139
Strawberries 142
Salable Trifles 144
Sewing Class 143
Snap Shots 145
Subscriptions for Magazines 145
Taking Orders for Plants and Shrubs.. 141
Tea on the Lawn 137
Woman's Employment Exchange 136
Moral Training 198
Essentials of 199
Mosaic Embroidery 237
Mosquitoes, to Rid House of 106
Bites of 262
Moths, to Rid House of 106
Mount Mellick Embroidery 237--239
Mourning 90
Mousse, Chicken 303
Muffins—Beaumont, English, Raised Hominy 285
Mushrooms 318
Broiled 318
Sauce 293
Smothered 318
Music Roll 36
at Wedding 84
Mustard Plaster 272

NAME CARDS 87
Napkin at Table (See "Table" 87)
Napkin, Use of 88
Nausea 272
Necktie Holder 30
Needle Books 251
NEEDLEWORK 219--258
Bags 247--249
Bed Room Set 240
Bed Spread 241
Bolero Jacket 230
Brier Stitch 227
Bureau Scarf 241
Buttonholes, to Make 221, 222
Chafing Dish Set 237
Collar 230
Cross-Stitch Embroidery 222
Drawing Design for 223

PAGE

NEEDLEWORK—Continued
- Dressing-Table Cover ... 227
- Feather Stitching ... 226--227
- Girdle ... 230
- Irish Needle Point ... 228
- Irish Relief Crochet ... 231
- Italian Lace Embroidery ... 232, 233
- Japanese Embroidery ... 234, 235
- Knitting and Crocheting ... 252
- Kopje Knot ... 236
- Mosaic Embroidery ... 237
- Mount Mellick Embroidery ... 237--239
- Novelties ... 31, 250--252
  - Baby's Rattle ... 251
  - Hat-Pin Holder ... 250
  - Needle Books ... 251
  - Pin Cushion ... 250
  - Sachet for Baby ... 250
  - Sewing Catch-All ... 251, 252
  - Spool Case ... 251
- Pillow Shams ... 241
  - Tops ... 235, 243--246
- Pin Cushion Cover ... 227, 241
- Renaissance Embroidery ... 224
- Rose Centerpiece ... 235
- Rose Cushion ... 246
- Shadow Embroidery ... 239--241
- Teneriffe Lace ... 242
- Work Bag ... 236

Nervous Prostration ... 272
Nettle Rash ... 270
Neuralgia ... 272
New Year's Eve Entertainment ... 151, 152
Nickel, to Clean ... 104
Nose Bleed ... 272
Novelties, Money Making by (See "Needlework") ... 143
Nursing, Professional as an Occupation ... 126
Nut Cake ... 330
- Filling for ... 330
- Salad ... 325
- Stuffings ... 305, 307

OAK Poisoning ... 273
- Occupations for Women ... 121

Oil Paint, to Remove ... 99
- Painting, to Clean ... 104
- Castor, to Administer ... 263

Omelets ... 314
Onions, Boiled, Stuffed ... 319
Opportunities in College Town ... 147
Oriental Tea for May ... 160
Outline Stitch, Pillow in ... 245
OYSTERS
- Bisque ... 290
- Cream of Soup ... 290
- Creamed ... 312
- Cocktail ... 312
- a la Creole ... 313
- Rolls with Mushroom Sauce ... 313
- Sauted ... 313
- Soup ... 290
- Tomato Pie ... 321

PACKING a Trunk ... 109
Paint, to Clean ... 104
- To Remove Spots ... 99
- To Remove from Furniture ... 112

Pan Cakes ... 285, 286
- Fish ... 311

Pantomime (Fourth of July) ... 162
Paper Holder ... 19
Party, Hunting ... 178
- Unlucky ... 179

Peaches, Compote of ... 337
- Pie ... 333
- Short Cake ... 334

Peas, Lenox ... 319
- Soup ... 290

PAGE

Pecan Cake, Caramel ... 330
Pencil Marks, to Remove ... 99
Peppers, Stuffed Green ... 319
- Salad ... 325

Perspiration Stains, to Remove ... 99
Pests, to Rid the House of ... 106, 107
Pheasants, Stuffed ... 308
Physical Culture ... 46—56
- Training ... 205

Picture Frame ... 30
PIES
- Cherry ... 332
- Lemon ... 332
- Mince Meat ... 333
- Peach ... 333
- Pumpkin ... 334
- Rhubarb ... 335
- Squash ... 335
- Tomato-Oyster ... 321

Pigeon Pie ... 308
Pillows, Porch, Filling for ... 28
Pillow Shams ... 241
- Tops ... 235, 243--246

Pimples ... 272
Pin Cushion ... 250
- Cover ... 227, 241

Plants and Shrubs, Money Making by ... 141
Plaster, Mustard ... 272
- To Clean ... 105

Plate Rack ... 24
Play, How to Get Up a ... 181--184
Playmates for the Child ... 196
Plover ... 308
Plum Pudding, Money Making by ... 138
Pneumonia ... 272
Pockets for Closet Doors ... 19
Pork ... 296, 298
Pot Roast ... 293
Pie, Chicken ... 304
Potatoes ... 319, 320
Poisons ... 273
Poisonous Bites ... 262
Pop-Corn, Money Making with ... 139
Porcelain, to Clean ... 105
Porch Pillows ... 28
Potato Chips, Money Making with ... 139
- Salad ... 325
- Sweet ... 320

Potpourri ... 114, 115
POULTRY AND GAME
- Chicken, Baked, Broiled ... 302
  - Creamed, Croquettes ... 303
  - Fricassee, Fried ... 302
  - Jellied, Pot Pie ... 304
  - Mousse ... 303
  - Roast ... 301
  - To Truss ... 300
- Duck, Fried, Roast ... 306
- Giblets ... 302
- Goose, Roast ... 306
- Grouse, Roast ... 307
- Pheasants, Stuffed ... 308
- Pigeon, Pie ... 308
- Plover ... 308
- Quail, en Casserole ... 308
- Rabbit, Barbecued ... 309
- Squab on Toast ... 308
- Snipes ... 308
- Turkey au Gratin, Marinated Roast ... 305
  - Roast ... 304
- Venison, Pasty ... 309

Poultry Raising, Money Making by ... 140
- Stuffed ... 301

Pound Cake ... 330
Prostration, Nervous ... 272
PUDDINGS
- Boiled Suet ... 340
- Coconut, Corn Starch ... 337

PAGE

PUDDINGS—Continued
Indian 338
Plum, Georgia, New England 339
Plum, Poor Man's, Prune 338
Pumpkin Pie 334

QUAIL, en Casserole 308
Quince Tarts 334
Quinsy (See "Sore Throat" 274) 273

RABBIT, Barbecued 309
Race, Shuffle 163
Racks 16, 18, 23, 24
Raspberry, French Eclairs, Filling for 339
Rats, to Rid the House of 107
Rattle, Baby's 251
Ravigot, Sauce 310
Reading 215
Reception, Wedding 82, 84
Relaxation, Physical Exercise 58
Relishes, How to Eat 89
REMEDIES
Baths 262
Steam 262
Bites of Insects 262
Blackheads 61, 262
Bleeding (See "Hemorrhage" 270) 262
Boils 262
Breath, Bad 262
Bruises, Burns 263
Cancer 263
Castor Oil 263
Chapped Hands 70, 263
Chilblains 70, 264
Colds 264
Cold Sores 265
Constipation 265
Consumption 265
Convulsions 265
Corns 70, 265
Croup 265
Cuts 266
Dandruff 68, 266
Diarrhea 266
Diphtheria 266
Dressing, Medical 266
Drowning 267
Dyspepsia 266
Earache 267
Ear, to Remove Foreign Bodies from .. 267
Eczema 267
Epilepsy 267
Exhaustion, Mental 271
Eyes 267
Lime in 268
To Remove Foreign Bodies from .. 267
Fainting, Treatment for 268
Feet, Cold 268
Fevers, Fomentations, Food 268
Freckles 269
Fruits 269
Grape Juice 269
Hay Fever 269
Headache 269
Hemorrhage 270
Hiccough 270
Hip-Joint Disease 270
Hives 270
Hoarseness (See "Colds") 264
Indigestion 266, 270
Ingrowing Toe Nail 270
Insomnia 270
Iodoform 271
Kidney Trouble 271
Ligature, How to Make 271
Lightning Stroke 271
Malaria 271
Measles 271

PAGE

Milk 271
Mustard Plaster 272
Nausea 272
Nervous Prostration 272
Neuralgia 272
Nose Bleed 272
Pimples 272
Pneumonia 272
Poison 273
Poisoning, Ivy 273
Oak 273
Quinsy (See "Sore Throat") 273
Rheumatism 273
Skin Diseases (See "Eczema" 267) 273
Sleeplessness (See "Insomnia") 270
Sore Throat 274
Spinach 274
Stings 274
Stomach Disorders 274
Stuttering 274
Sunburn 274
Sunstroke 274
Swallowing Sharp Articles 274
Tan 275
Tomatoes 275
Tonsilitis 275
Toothache 275
Tuberculosis (See "Consumption" 265). 275
Warts 275
Water, Cold Without Ice 275
Weariness 275
Whooping Cough 275
Wounds (See "Poisonous Bites" 262, "Cuts" 266, "Hemorrhage" 270) .. 275
Renaissance Embroidery 224--226
Rest and Relaxation 211--214
Rheumatism 273
Rhubarb Pie 335
Rice and Apple Soufflé 339
Riddles (Saint Patrick's) 157
Roaches, to Rid House of 107
Roasts (See "Meats")
Rolls, Jefferson 285
Ruche, Crocheted 258
Rug Making ..... 37—39
Rusks 285
Rust, to Remove 99

SACHETS for Baby 250
SALADS
Asparagus, Brazilian 321
Caviar Canapes, Colonial Cold Slaw, Chicken, Stuffed Cucumber 322
Egg 322
Fish 325
How to Eat 88
Mexican Jelly, Nut, Pepper, Potato, Salmon, Tomato 325
Tomato and Pineapple 326
Salmon, Scalloped 311
Salt, Use of 89
Salutations 79, 80
Sandals 51
Sauce-Pan Rack 16
SAUCES FOR MEATS AND VEGETABLES
Apple, Piquant 307
Spiced 298
Bearnaise 314
Bechamel au Maigre 312
Bread 308
Brown 303
Cream 310, 317
Dutch 310
Hollandaise 326
Mint 296
Mushroom 293
Ravigot 310
Tomato 295

PAGE

Sauce, White 298, 317
Sausage Soufflé 298
Scorch, to Remove 103
Scrap-Book 32
Screens ....21—23, 28
Secretary as an Occupation 128, 129
Self-Control 200
Self-Improvement 214--217
Servants 91
Sewing Catch-All 251--252
Sewing Class, Money Making by 143
Shad Roe and Lettuce 311
Shadow Embroidery 239--241
Shawl, Knitted 252, 253
To Clean 105
Shelves, Corner 17
Shirt-Waist Box 26
Shoe Boxes 19, 27
Short Cakes 332--335
Shrewsbury Rings 330
Shuffle Race 163
Silks, to Remove Stains from 100
Silver, to Clean 100, 105
Use of at Table 88
Sink, to Clean 105
Skin Diseases (See "Eczema" 267)..... 273
Skirt Hanger 33
Sleeplessness (See "Insomnia") 270
Slippers, Crocheted 258
Snap Shots, Money Making by 145
Snipes 308
Snowballs 339
Soap Bubbles 157, 186
For Face 63
To Make Cold 108
Social Forms and Customs 75
Acceptances 79
Calls 77, 78
Cards 78, 79
Christening 90
Débutante 80
Dinners ....85—87
Eating ....88—89
Engagements ....80—82
Funerals ....90—91
Invitations 79
Letter Writing .... 91—93
Mourning 90
Salutations 79, 80
Servants 91
Table Etiquette 88
Visiting 89
Weddings ....82—85
Somerset Dressing 326
Sores, Cold 265
Sore Throat 274
Soufflé, Fruit 338
Rice and Apple 339
Soups
Asparagus 289
Bouillon—Clam, Court, Supreme...288, 309
Celery, Chestnut, Chicken 289
Clam 288
Consommé 288
Brown Stock for 287
Gumbo 289
How to Eat 88
Ingredients, Essential 286
Onion 290
Oyster 290
Pea, Puree of Split Peas, Petite Marmite 290
Tomato, Cream of 289
Without Stock 291
To Bind 287
Vegetable 291
White Stock for 288
Spinach 320

PAGE

Spinach, Medicinal Use of 274
Spindle 30
Spool Case 251
Spoon Bar 16
Sponge Cake, Cream 331
Squabs, Making Money by 139
On Toast 308
Squash, Summer 321
Pie 335
Staining Woodwork 111--113
Stains, Removing all Sorts of ....97—99
Stains, Removing from all Sorts of Articles. 100
Steak, Sirloin 294
Porterhouse 294
Steam Bath 262
Stenciling ....40—42
Stenography as an Occupation 129, 130
Stings 274
Stock, Yoke and Cuffs 226
Stomach Disorders 274
Stove, to Clean 105
Strawberries, Money Making by 142
Stuffing for Poultry and Game 301
Chestnut 307
English 307
Mock Chestnut 305
New England 304
Potato 306
Walnut 305
Stuttering 274
Sunburn 274
Sunshine Cake 331
Sunstroke 274
Swallowing Sharp Articles 274
Sweetbreads a la Dauphine 299
Sweet Jar (See "Potpourri" 114, 115)
Sweet Potatoes, Scalloped, Southern Style.. 320
Swing 28
Sycamore Cake 330

Table
Etiquette 88
Home-Made 26
"Reindeer" Decoration 174
To Remove Stains from 100
To Set 87
Table Linen, Hemming, Money Making by.. 143
Tan, to Remove 275
Tapioca—Fruit, Newton 340
Tar Stains, to Remove 99
Tarts, Almond 332
Cranberry 332
Gooseberry 332
Tea, Military 163
On the Lawn, Money Making by..... 137
Oriental for May 160--162
Teacher, The 194
Teaching as an Occupation 123
Teeth, Care of the 71, 72
Teneriffe Lace 242
Thanksgiving 170--172
Tinware, Care of 105
Toast, Milk 286
Toe Nail, Ingrowing 270
Tomato, Beneficial Effects of 275
Oyster Pie 321
Salads 325, 326
Soups 289, 291
Stuffed 321
Tonsilitis, Treatment for 275
Tooling, Outfit for 36
Toothache 275
Towel Rack 16, 18
Towel-Ring Bar 18
Training the Child 189--217
Boy, the Growing 204
Daughter, The 208
Education 193

PAGE

TRAINING THE CHILD—Continued
Moral Training 198
Rest and Relaxation 211
Self-Improvement 214
Training, Physical 205
Travel 217
Tricks for Hallowe'en 166--168
Trifles, Salable, Money Making by 144
Trousseau 83
Trunk, How to Pack 109
Tuberculosis (See "Consumption" 265) 275
Turkey 304, 305
Twelfth Night Entertainment 152--154
Twine Bag 249

UNLUCKY Party 179

VARNISH, to Remove 112
Vaudeville, Ghostly 177
Veal Chops, Loaf 299
VEGETABLES
Asparagus, Asparagus Mold 315
Asparagus Piquant, Asparagus on Toast. 316
Beans, Boston Baked 316
String, Stew 316
Brussels Sprouts with Celery 316
Cabbage, Stuffed 316
Carrots, Creamed Carrots a la Lyman.. 317
Cauliflower, Boiled, Baked with Cheese. 317
Celery, Creamed with Poached Eggs ... 317
Corn a la Southern 317
Cucumbers, Stuffed 318
Eggplant, Fried, Stuffed 318
Money Making by 142
Mushrooms, Broiled, Smothered 318
Sauce, Browned 293
Onions, Boiled, Stewed 319
Peas, Lenox 319
Peppers, Stuffed Green 319
Potatoes, Creamed, Duchess 319
French Fried, Maitre d' Hotel, Nests 320
Sweet, Scalloped, Southern Style ... 320
Soup 291
Spinach 320
Squash, Summer 321
Tomato-Oyster Pie 321
Tomato, Stuffed 321
Yams, Candied 320
Velvet, to Clean 105
Venison, Pasty 309
Veranda Comforts 28
Vinegar Cruets, to Clean 105
Visiting, Entertainment, Etc 89

PAGE

WAFFLES 286
Walking, Poises, Clothing and Shoes for ..... 49—51
Wallachian Embroidery 245
Wall and Desk Conveniences 30
Wall Paper, to Clean 105
Walnut Cake, Filling for 330
Stuffing 305
Warts, to Remove 275
Washing and Ironing 107, 108
Water, Use of 57, 63, 275
Cold without Ice 275
Weariness, to Relieve 275
WEDDINGS
Acknowledgments 83
Admission to Church 82
Anniversaries 85
Announcement 85
Best Man 83
Breakfast 84
Bridesmaids 83
Cake 84
Ceremony 84
Church Decorations 84
Congratulations 84
Expenses 85
Gifts 83
Groom 83
Invitations 82
Music 84
Preparations for 81
Reception 82, 84
Response 82
Second Marriage 82
Trousseau 83
Whisk-Broom Holders 31, 36
White Mountain Cake 331
Whooping Cough, Remedy for 275
Windows (See "Glass" 103) 105
Witch Party 165, 169
Woman's Club, Value of 216
Woman's Employment Exchange 136
Woodwork 105, 111
Work Bag 236
Wounds (See "Poisonous Bites" 262, "Cuts" 266, "Hemorrhage" 270)
Writing Book 35

YAMS, Candied 320
Yoke, Stock and Cuffs in Cut Work.... 226

ZINC, to Clean 105